



# Parent's Guide

YMCA Resident Camping, P.O. Box 2440,

2315 Frisius Road, Julian, CA 92036

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email: [camp@ymca.org](mailto:camp@ymca.org) <http://www.camp.ymca.org>

## Welcome

We are thrilled that you have chosen Raintree for your child this summer. In this Guide, we'll answer many of your questions. Please feel free to call our office or check our website for additional information at 760.765.0642 or <http://camp.ymca.org>

## Arrival Sundays

If you are driving your camper to camp, please arrive on the opening Sunday between **1:00 and 2:30**. We cannot accept campers prior to 1:00. Raintree Ranch is about a 1- to 1.5 hour drive from most points in San Diego.

## Departure Fridays

We invite parents and families to join us on Friday afternoons. There is an optional horse show from 2:30-3:30, followed by a brief awards ceremony. Please leave pets at home. Also, please understand that on departure Friday's, you will be asked to park in a (dusty) horse-riding arena as parking space is limited. You may plan to hit a car-wash on the way home:) A cookout is also provided at 4:30. At the latest, please arrive between **4:00 and 5:00**.

## Directions to Camp

We encourage parents to drive to camp, meet the Director and your child's counselors. We recommend that you download the map & directions from our website (Internet map programs send you "the long way" through Cuyamaca). From

Ramona (north and east of San Diego), continue on Rte. 78 East. After 16 miles, you'll pass through the small town of Santa Ysabel. Continue on Rte. 78 for 6 more miles and, one mile before Julian, turn right on Pine Hills Road (it is well marked). From there, follow our camp signs for 2.5 miles. At the top of the hill, turn left on Frisius Road, camp is about a mile on your right.

## Bus Schedule



We also offer bus service to Raintree Ranch from the Mission Valley YMCA, 5505 Friars Road, San Diego, 92110. The Mission Valley YMCA is located on Friars Road, between the 5 & 163 Freeways. For bus-campers, please check in between **1:00 and 1:30**. The bus departs for Julian at 1:30 sharp.

The returning bus arrives at the Mission Valley YMCA at **7:00 p.m.** Because of the winding mountain roads, you may consider Dramamine medication for your youngster prior to the bus ride.

**Bus Rules:** Stay seated. Keep arms and hands inside, no throwing articles out the window. Make at least one new friend on the way. Any problems, alert the Bus Supervisor.

## Visiting Days

Essentially, our parents visiting days are on opening Sunday's and the closing Friday's. We do not encourage parent visits during programs. Our sessions are tightly scheduled, and parents visiting can distract entire groups from their day's agenda.

## What to Bring

In addition to the gear recommended on our Equipment List, please remember the following items on check in day -

- ◆ Camp Admission Card
- ◆ Health History Form
- ◆ \$20-\$30 for the camp store
- ◆ medications packed separately (they will be submitted to camp health care staff at check-in)

## Camp Admit Card

We use the Admission Card as your authorization for parental custody. Please note any persons that are authorized (or excluded) from picking your child up from camp. Do not mail this card; it is your ticket in to camp on opening day. On departure day, we check identification. Please be sure to list any friends/family who may be authorized to pick up your son or daughter.

## Health History

This form is required of all campers. State Health Codes also require Immunization History to be provided. Bring this completed form with you



on check in day. 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.

### **Pre-Camp Health Screening**

We encourage parents to conduct a routine health screen on their children the day of arrival at camp. We are especially concerned about contagious conditions, including colds, flu, fever, conjunctivitis (pink eye), chicken pox or head lice. If your child exhibits any of these symptoms, we require a doctor's authorization prior to camp attendance.

### **Health Care**

Raintree Ranch has a Health Room with staff trained in emergency first aid and cardiopulmonary resuscitation techniques. A doctor is on-call in nearby Julian and 911-ambulance service is readily available. Our nearest hospital is Pomerado, in Poway.

In case of illness, campers will be housed in the Health Room for a brief period. Our practice is to call you if a camper is out of program for more than a half-day. We will also call you to report any accidents more severe than a simple scratch or bruise.

We conduct brief health-screenings with all campers on opening days. Please, if your child is sick, do not send them to camp. We'll work with you to reschedule the week in case of illness.

Please be sure to provide us with complete emergency contact information, especially if you are traveling on vacation.

In case of 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 medical care on the Health History form.

### **Medications**

Do not pack any medications, including nonprescription meds or vitamins, in your child's luggage. All medications are submitted to health care staff at check in (State Law). Prescription drugs must be in the original container with licensed 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.

### **Mail Call!**

Campers love receiving letters from home while at camp. Please address them as follows -

**Name, Session \_\_\_\_,  
YMCA Raintree Ranch  
P.O. Box 2440  
Julian, CA 92036**

If you'd like to send a package, please do not send any food items. Campers will be encouraged to write one letter home during their week. Do not be alarmed if the letters are brief as the youngsters are busy at camp and, in general, "no news is good news". On rare occasions, early letters may sound upsetting, but usually, by the time you receive the letter, the camper has adjusted to camp life.

### **Phone Calls Home**

Our policy is to not allow campers to phone home during the week. Experience has shown that these calls are extremely disruptive. One of the valued outcomes of camp is a youngster learning independence. Phoning home would detract from that important goal. In rare circumstances due to behavior or severe homesickness, our staff will initiate calls with your son or daughter.

### **Homesickness**

Going away to camp can sometimes be a challenging experience. We understand parent concerns, "What if my child is very homesick while at camp?".

Our practice is this. First - prevention. We've found that keeping children busy, busy, busy is the best homesick prevention around. Sometimes, however, children experience varying degrees of anxiety.

We will counsel a homesick camper and try to help them through their difficulty. Most times, we are successful. If time is passing and your child is not adjusting well, we will phone you to report and discuss courses of action. Experience shows that only 1-2 campers out of 800 go home due to homesickness each summer.



## Lost & Found

We manage lost and found items through the camp session. On check-out Friday, be sure to check our display of any unclaimed items. If you discover something is missing upon your return home, call the camp office as soon as possible. After 3-weeks, we will donate any unclaimed items to a local charity.

## Laundry

Please pack enough clothes to last for your child's entire 1-week session. For campers staying longer than a week, they will be permitted a load of wash/dry during the hold-over weekend, the cost charged to their camp store account.

## Makeup at Camp?

The outdoor lifestyle of camp-life does not call for campers to apply makeup. Please help us by not allowing cosmetics to be packed in campers luggage. Interestingly, many of our campers have commented how nice it is to essentially "take a break" from applying makeup.

## Electronics at Camp

Camp provides children a chance to live without electronic devices. As such, we do not permit cell phones, pagers, gameboys, I-Pods or similar devices. If these items are brought to camp, they will be stored at the camp office and returned at the conclusion of the session.

## Camp Store

Raintree Ranch operates a small store for the purchase of t-shirts, souvenirs and a limited amount of candy each day. The children are not permitted to use cash at the store, instead, parents deposit \$20-\$30 into a store account at check in. Campers can then charge against their balance. Unused store money will be refunded to you

at camp's end. We encourage campers to donate any remaining store balances to the Tijuana YMCA Youth Programs fund.

## Behavior at Camp

At camp, we foster an environment filled with friendship, respect and character development. Our staff will provide positive, realistic expectations of your child. Campers that cannot live within the rules of camp, or are adversely affecting the experience of other children will be dismissed without a refund. Parents are then responsible to come to camp and pick up their child.

## 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. The YMCA carries accident insurance with a \$2,500 limit per incident.

### <http://camp.ymca.org>

- ◆ Forget or misplaced some forms?
  - ◆ Pay your balance due?
  - ◆ Verify arrival/departure times?
  - ◆ Recommend Y-Camp to a friend?
  - ◆ Need a map to camp?
  - ◆ View camp photos each day?
  - ◆ Send an email to your child?
- We've put a lot of energy into providing a useful website for you.

## On-Line Photo Gallery

We are pleased to offer on-line photo galleries for camper-parents. You'll receive a password on check-in day. This service allows you a "one-way window" into camp life. You may also choose to purchase "Bunk-Note" emails to send to your child, and you'll have the opportunity to invite relatives to enter the password protected area.

Please understand - our photographer strives to get all children into the photo gallery, but due to timing and sheer chance, not all children end up in a photo. This service is provided by a company called Bunk1.com; their customer service number is 888-465-2267.

## Daily Schedule

Parents and campers often ask, "what's a typical day at camp like?". It shapes up as:

- 7:00 Wake up, ready for the day
  - 7:45 Flag-raising, songs
  - 8:00 Breakfast
  - 8:45 Ranch Chores
  - 9:00 - 12:00 Horse Time:
    - ◆ Arena Lessons
    - ◆ Ground Classes, grooming
    - ◆ Trail Rides (once proficient in riding skills)
  - 12:15 Lunch, followed by Siesta
  - 2:00 - 5:00 Series of camp activities during the week: Climbing tower, free swims, archery, crafts, cabin times, team building, boating, lassoing and more
  - 5:00 Clean up for dinner
  - 5:30 Dinner
  - 6:15 Supervised Play & Store Time
  - 7:00 Evening Programs: Campfires, Night Hikes, Skit Night, Candlelight Service are some of the favorites
  - 9:00 - 9:30 (depending on age group) Lights Out
- In addition, campers assist with early morning feeding, saddling, "mucking corrals" and horse care on a rotating basis.
- The morning and afternoon blocks of horse-time and camp activities alternate each day.