



Parent's Guide

YMCA Camping Services Office, P.O. Box 2440, Julian, CA 92036
760.765-0642, FAX 760.765-0183 email: camp@ymca.org

YMCA Camp Surf, 560 Silver Strand Blvd., Imperial Beach, CA 91932
619.423-5850 FAX 619.423-4141 email: zgardner@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.

Additional information is available at <http://camp.ymca.org>

On our website you can:

- * Download forms
- * Read about our programs
- * View sample schedules
- * Learn about our YMCA
- * See pictures of the camp
- * Read about activities
- * View our Goals & Outcomes
- * Meet the staff

Please feel free to call our office if you have any questions.

We look forward to seeing you and your family this summer!

Sincerely,
*The YMCA
Camp Surf Staff*



Sunday Arrival

Please arrive on Sunday
between 4:00 and 5:00 p.m.

We can not accept campers prior to 4:00 since all staff are in meetings and getting ready for the week! Parents drive their campers to Camp Surf. Camp Surf is about a 45-minute drive from most points in San Diego.

Directions to Camp

Travel south on the 5 Freeway, past San Diego, National City and Chula Vista. Exit on Palm Ave. At the end of the ramp, turn right on Palm Avenue, go through 4 lights, and move to the left lane. After Ninth 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 Blvd. The camp entrance is at the end of Silver Strand Blvd. on your left. Directions are also available on our website at <http://camp.ymca.org>

Friday Departure

Official check out time is
between 2:00 and 5:00 p.m.

Please do not arrive before 1:30 since you will need to sign in; **photo ID is required**. Parents are invited to join us on Friday to share camp during this time. The schedule is as follows:

2:00 Surf Carnival - Meet the staff!
The campers rotate through surfing,
body boarding, & beach games!
3:00 BBQ - parents are welcome!
2:00-5:00 The Camp Store is open.

Please check for all belongings in the Lost & Found area and also around your child's cabin. Please sign out of camp by 5:00pm and **leave pets at home** (animals are not allowed in camp and the parking lot gets very hot!).

"Visiting" Day

Please join us any time between
2:00-5:00pm on the final Friday

of your child's camp session. We have a BBQ and Surf Carnival to provide an opportunity for you to share camp with your child. We do not permit parent visits during programs, which includes the Friday in the middle of all 2-week teen programs. Our sessions are tightly scheduled, and visiting parents can distract entire groups from their day's agenda. However, we encourage you to visit our on-line photo gallery, meet the staff, and experience camp during the Carnival and BBQ on the final Friday.

Airline & Train

We are able to transfer a limited number of campers from either the San Diego airport or train station for a \$50 fee.

Our airport/train shuttle times are:
Arrival - Sundays, 12 to 4 pm only
Departure - Fridays, 2 to 6 pm only
Please schedule travel accordingly.

We can not accept camper-itineraries on standby flight status.

Current airline policies prohibit un-ticketed passengers from meeting travelers at the gate. Instruct your child to proceed to baggage claim where Camp Surf staff, wearing light blue staff shirts and carrying ID, will be waiting. You or your child can reach our airport shuttle crew at 619-316-7637 if a flight has been delayed. If you need to provide the airline with the name of the adult meeting your child, contact the camp office at 619-423-5850 one week before your flight.

We have limited shuttle space. To insure availability please schedule early and

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send the written itinerary, including airline, flight number, arrival time and point of origin to:

YMCA Camp Surf
 Attn: Registrar/Flight Itinerary
 560 Silver Strand Blvd.
 Imperial Beach, Ca 91932
 ph #619-423-5850
 fax #619-423-4141
 email: adietz@ymca.org

Transportation Safety

Please adhere to the posted 5mph speed limit signs whenever driving a vehicle on camp property. In order to ensure the safety of children and others present on camp property, follow signs and staff instructions to park and unload/load vehicles and passengers. All campers who are being transported in camp vehicles must adhere to the following **Bus Safety Rules**:

1. Remain seated at all times
2. Arms/hands are kept inside the bus
3. Objects are never thrown or passed through the windows
4. Treat all others with respect and caring
5. Alert the staff bus supervisor if there are any problems.
6. Make a new friend on the way!

What to Bring

In addition to the items recommended on the Equipment List, please remember the following four things on check-in day:

1. Camp Admission Card

We use the yellow Camp Admission Card as your authorization for parental custody. Please note any persons that are authorized (or prohibited) to pick up your child at camp. Do not mail this card; it is your ticket into camp on opening day. On departure day, **whoever is picking up your child will need to have photo identification and be listed on this card.** Please be sure to list any friends/family who may be authorized to sign out your child.

2. Health History Form

This form, complete with parent's signature, is required. State Health Codes also require Immunization History to be completed and up to date. 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.

3. \$20-35 for the Camp Store

Camp Surf operates a small store, the "Sugar Shack", for the purchase of shirts, souvenirs and a limited number of snacks. Campers are not permitted to use cash at the store. Instead, parents deposit \$20-\$35 per week into a store account. Campers then "charge" against their balance. Unused store money can be refunded during check-out or donated to the Special Projects fund. Past donations have helped to resurface the blacktop, buy a new basketball post, and provided half the funds (+ \$10,000) for building the Climbing Tower !

A Special Thanks!

We would like to recognize and thank the Beach Comber, SOUL, & Staff teams that participated in the 2007 Imperial Beach Sand Castle Competition. They donated \$500!

4. Medications

It is important that medications, including non-prescription, are not packed in your child's luggage. (Note for **airport only**: place medication and camp forms together in a large zip-lock bag and pack in a carry on backpack.) 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. If there is more than one kind of medication 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. You will be ask to verify the instructions for dispensing your child's medications.

Pre-Camp Health Screening

We encourage all 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, head-lice, conjunctivitis (pink eye), or chicken pox. If your child exhibits any of these symptoms, we require a doctor's authorization prior to camp attendance. Our staff are trained to bring campers who exhibit any symptoms to the Health Center. We will contact you to come and pick up your child for appropriate treatment as deemed necessary.

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.

Allergies: We will do our best to accomodate the needs of severe allergies. Please contact us ahead of time with questions or concerns.

Illness: If your child is sick, please do not send them to camp. We will try to reschedule the week in case of illness. Sick campers will be housed in the Health Center for a brief period, but you will need to pick them up if they do not improve. We will call you if a camper is out of program for more than an hour (sometimes they are just tired and need to rest!). 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, especially if you are traveling or going on vacation.

Mail

Kids love receiving letters from home while at camp. Please address them as follows:

Camper's Name
Session __, Cabin __
YMCA Camp Surf
560 Silver Strand Blvd.
Imperial Beach, CA 91932

Please do not send food items. We do not have storage capabilities in the cabins and food items attract ants and mice. All food items received in the mail will be discarded.

Campers are encouraged to send a letter home during camp. Do not be alarmed if the letters are brief as the youngsters are busy at camp and "no news is good news". Also, early letters may sound upsetting, but usually, by the time you receive the letter, the camper has adjusted and often forgotten what they wrote. For Email: see "On-Line Photo Gallery" information.

Homesickness

Going away to camp can sometimes be a challenging experience for children. We understand parent concerns and will work with you to insure that your child has a positive experience. Our first practice is very simple - prevention. We've found that keeping children busy, busy, busy is the best homesickness prevention around. Sometimes, however, children still experience varying degrees of anxiety.

We will counsel a homesick camper and try to help them through their difficulty. Most of the time, we are successful. If your child is not adjusting well, we will phone you to report and discuss possible courses of action. Experience shows that only 1-2 campers out of 2,000 go home due to homesickness each summer.

Phone Calls Home

Our practice is to not allow campers to phone home during the week. Experience has shown that these calls are extremely disruptive, and there

would be nowhere near enough phone lines to handle the volume. One of the valued outcomes of camp is 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.

On-Line Photo Gallery

We are pleased to offer on-line photos for the parents of campers. This service allows you a "one-way window" into camp life. You can also choose to purchase emails ("Bunk-Notes") to send to your child, and can invite relatives to also participate. Please understand - our photographer strives to get all children into the photo gallery, but due to timing, camera-shyness, and out-of-camp trips, not all campers will be in a photo every day. You can receive a new password on check-in day, or use your existing account. This service is provided by a company called Bunk1.com. (Customer Service number: 888-465-2267)

Electronics at Camp

Camp provides children a chance to live without electronic devices. As such, we do not permit cell phones (**cell phone cannot be with campers for security and privacy reasons**), MP3 players, gameboys, 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. We are not responsible for the damage or loss of such items.

Laundry

Please pack enough clothes for your camper's entire 1 or 2 week session. For campers staying more than two weeks, limited laundry facilities will be made available, the cost will be charged to their camp bank account (-\$3).

Sun Protection

There is little to no 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 (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 for \$20-30.

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 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.

Make-up at Camp

We have a "no make-up at camp" rule. The outdoor lifestyle of camp life does not call for campers to apply cosmetics. Your child looks beautiful as they are and there is no time or facility for applying make-up. Please help us by not allowing cosmetics to be packed.

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.

<http://camp.ymca.org>

You can visit our website to :

Get directions	Check enrollment status	Download misplaced forms
View photos	View a map to camp	Send an email to your child
Learn more about our many programs		Recommend us to a friend

YMCA Camp Surf Equipment List

This equipment list is planned for one week at camp. Pack additional items for two week stay.
Please mark camper's name on each item. The YMCA is not responsible for lost or damaged personal articles.

Required Items:

Sleeping bag or blankets/sheets
Pillow
2 pair long pants
2 sweatshirts and/or jacket
5 T-shirts
5 Shorts
Pajamas/something clean to sleep in
1-2 swim suits
6 pair underwear, 6 pair socks
Tennis shoes
Sandals or flip flops
1 hat or cap with brim
2 towels (1 beach, 1 bath)
Toiletry articles - soap, comb,
toothbrush, toothpaste, shampoo
Lip screen **SPF 30+**
Sunscreen(waterproof) **SPF 30+**
Water bottle
Sunglasses
***SOUL:** old clothes (service project)
Rash Guard - A rash guard is a nylon shirt that can be worn in the water. Surfers often develop a rash from rubbing against a surfboard or body board. Rash guards protect from that irritation and provide good sun protection in the water. One can be purchased at camp for \$20-\$30.

Highly Recommended: Wetsuit

A spring suit (wetsuit with short arms and legs) is fine for summer water temperatures, although some people prefer to wear a full suit. For a single trip to the beach a wetsuit is not really necessary, but our campers are in the water every day, often for multiple sessions or long periods of time while they practice new skills. A wetsuit will greatly improve water safety and comfort for most campers.

Optional Items:

Book, reading materials
Camera and film (inexpensive)
Stationary, postcards, stamps
Flashlight
Extra beach towel

Not Permitted:

Video games, MP3 players, cell phones (campers cannot have these for security and privacy reasons), food, candy, knives or hatchets, anything that could be considered a weapon, fireworks, aerosol sprays, make-up, pets, offensive magazines/clothing, alcohol, drugs, tobacco or tobacco products, skate boards or skim boards.

Please make sure these items are not brought to camp. Any items brought will be sent home with parents, or if turned in after parents leave, they will be held in the office and returned to parents at check-out except for food. We cannot store food or candy, if brought to camp it will have to be discarded.

Suggestions for Packing

1. 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 and may never look quite the same!
2. Write names and initials on everything. With over 300 people on site, our Lost & Found is very busy. Talk to your child about the importance of keeping track of belongings.
3. Have your child pack with you. Have them look at towels, shampoo, and toothpaste. Show younger children the initials so they learn to recognize what belongs to them!

Surf/Body Board Rule:

Due to safety concerns and the general skill level of the majority of our campers, we no longer permit fiberglass/hard surfboards. 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 for special permission to bring their own equipment (Nat Corral: 619-423-5850 x-106 or ncorral@ymca.org). Skim boards are never permitted.

Laundry

Please pack enough clothes for your camper's entire one- or two week session. For campers staying more than two weeks, limited laundry facilities will be made available, the cost (~\$3) will be charged to their camp bank account.

Once again, we look forward to seeing you and your family this summer!

Sincerely,
The YMCA
Camp Surf Staff

