



# PEGASUS PROGRAM

## 2016 Summer Forms & Parents Guide

Specific to The PEGASUS PROGRAM\*\* at YMCA RAINTREE RANCH

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**\*\*If you are a Raintree Ranch Camper but aren't part of the PEGASUS Program please visit the "Dates, Rates, & Forms" webpage (found under the "Sign-Up" tab at [camp.ymca.org](http://camp.ymca.org)) and download the generic "Raintree Ranch Forms & Parent Guide" packet.**





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# YMCA RAINTREE RANCH PARENT'S GUIDE

YMCA Overnight Camping  
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## RAINTREE CAMPERS

THIS GUIDE WILL HELP YOU PREPARE FOR THEIR FUTURE CAMP ADVENTURE.

### WELCOME

We are thrilled that you have chosen Raintree Ranch for your child this summer. Please feel free to call us or visit our website at **760.765.0642** or <http://camp.ymca.org>

### ARRIVAL SUNDAYS

Please arrive on opening Sunday between **1:00 and 2:30pm**

### DEPARTURE FRIDAYS

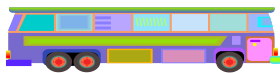
**Photo ID is required.**

We invite parents and families to join us on Friday afternoons. **Please arrive no earlier than 1:00pm.**

- **Camp Songs Showcase 1:45pm**
- **Horse show from 2:30-3:30pm**
- **Awards ceremony 3:30-4:00pm**
- **BBQ Cookout around 4:00pm**

### DIRECTIONS TO CAMP

We recommend that you download the map & directions from our website. 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, turn left on Frisius Dr. and continue for about 3/4 of a mile until you see the YMCA Raintree Ranch sign on the right.



### BUS TRANSPORTATION

We offer bus service to and from Raintree Ranch. **You must sign-up during the registration process or call the office to register.** The fee is \$35 for either one way or round-trip, per session.

**Bus Schedule:** The pick-up/drop-off location is at the Mission Valley YMCA, 5505 Friars Road, San Diego, 92110. Please check in on Sunday between 1:00-1:30 p.m. The bus departs for Julian at 1:30 sharp. The returning bus arrives at the Mission Valley YMCA at 7:00 p.m. on Friday. **Have campers wear their boots and jeans on the bus so they can head directly to the horse barn upon arrival.**

**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

We do not encourage parent visits during programs. The Friday BBQ provides generous time for your camper to tour you around camp, meet friends, and tell you all about their week.

### WHAT TO BRING

Please remember these important items on check in day. There is also a full equipment list on the next page -

- **Raintree Ranch Admission Form**
- **Health History Form**
- **Horse Waiver**
- **\$20-\$30 for the camp store, more if staying multiple weeks**
- **Medications packed separately in original bottles** (they will be submitted to camp health care staff at check-in)

### HEALTH HISTORY

This form is required to be handed in on check-in day, complete with parent's signature and medical information. State Health Codes also require Immunizations are up to date. If a child has any severe health conditions, has recently stopped taking a behavioral medication or has recently been under a doctor's care, a physician's authorization is required for camp attendance. **If none of these conditions apply, 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 flu, fever, pink eye, chicken pox, or head lice.** A screening upon arrival at camp will also be conducted by our counselors. If any camper exhibits symptoms of illness the parents will be responsible for taking them to the doctor. Treatment and/or a doctor's authorization is required prior to returning to camp.

### HEALTH CARE

Our practice is to call you if a camper is out of program for more than 2 hours.

**Allergies:** We will do our best to accommodate 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. Please contact the office and we will try to reschedule their camp session in cases of documented illness.** For illness during camp, campers are housed in the Health Center for a brief period, but will need to be picked up if their health does not improve. We will call you if your child is out of program for more than 2 hours (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!**

### MEDICATIONS

It is important that medications, **including non-prescription meds**, are not packed 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 physician's instructions. If there is more than one kind of medication please place the original containers into a Ziploc bag labeled with camper's name.

### INSURANCE

You, as parent or guardian, are responsible for any medical costs incurred while at camp. Be sure to provide accurate information regarding your insurance carrier on the Health History Form.

## MAIL CALL!!

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

Camper's Name, Session \_\_\_  
YMCA Raintree Ranch, Cabin # \_\_\_  
P.O. Box 2440  
Julian, CA 92036

## PHONE CALLS HOME

There is not an opportunity for campers to call home during the week. However, if a child is feeling anxious and asks to call home, we will make it happen! We want all campers and parents to feel comfortable with their experience. If a phone call helps, then we will find a time in between activities to work that out. Our staff may also contact you to discuss information about goals, behavior, homesickness, or even a special achievement.

## HOMESICKNESS

Going away to camp can sometimes be a challenging event for children. We understand parent concerns and will work with you to ensure that your child has a positive experience. Our first practice is very simple - PREVENTION. We find that keeping campers busy, busy, is the best anti-homesickness strategy around. Sometimes, however, children still experience varying degrees of anxiety. We work to help homesick children overcome 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.

## ONLINE PHOTO GALLERY

We offer online pictures for the parents of our campers to view. This service allows you a "one-way window" into camp life. You can also choose to send emails to your child. Please limit emails to 1 per day. Emails are delivered at noon Monday—Thursday. You will receive a pre-approved registration code and instructions at check-in. Our photographer tries to include all children in the photo gallery, but due to timing, camera-shyness, and off-site excursions, **not all campers will be in a photo every day.**

## ELECTRONICS AT CAMP

Camp provides children a chance to live without electronic devices and daily social media. For security, safety, and a number of other reasons, we do not permit cell phones, iPods, computers, netbooks, electronic games or similar devices. If these items are brought to camp, they will be stored in a secure place and returned to parents at the conclusion of the session. **We are not responsible for damage or loss of any electronics brought to camp.**



We have a boot collection and are always looking to expand. Please help us out and donate any boots that your camper may have out grown. We would love to give them a good home at Raintree Ranch.

## CABIN MATE REQUESTS

Please know that cabin mate requests must be mutual (other parents must request your child too) with campers in the same program and within 1 year of age and grade of one another. We will do our best to honor these requests provided they made at least one week prior to the start of camp. Note: Most campers come alone. Making new friends is a big part of the camp experience!

## CAMP STORE

Our camp store sells shirts, souvenirs, drinks, and snacks. Campers do not use cash at the store. Instead, parents deposit \$20-\$30 per week into a store account. Campers can purchase items during the week and "charge" against their balance. (This is a great opportunity for them to learn about budgeting money!) Unused store money can be refunded during check-out or donated to the Special Projects Fund.

## BEHAVIOR AT CAMP

At camp we foster an environment filled with friendship, respect, and character development. 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.

## WEBSITE

<http://camp.ymca.org>

- Find the Weekly Camp Themes
- Get directions
- Send an email to your child
- Recommend Raintree Ranch to a friend
- Meet the staff
- Print camp forms
- Pay your balance due
- Verify arrival/departure times



## EQUIPMENT LIST

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

### REQUIRED ITEMS:

- Sleeping bag - will need for campout
- Pillow
- HEELED BOOTS\* for riding
- 1 pair of sturdy sneakers for hiking
- 2-3 pairs of long pants
  - Must be jeans or pants specifically made for riding. Yoga pants, leggings, or athletic warm up pants will not work.*
- 2 pairs of shorts
- 1 or 2 sweatshirts or jacket
- 5 T-shirts\*
  - *Must be appropriate for being around horses.*
  - *Low-cut or midriff showing shirts are unacceptable.*
- 1 appropriate swim suit
- 6 pairs of underwear, sports bras for comfort when riding
- 6 pairs of socks
- Thin pajamas, or t-shirt/tank top/shorts
- 1 hat or cap with brim
- 2 towels
- Toiletry articles—toothbrush, toothpaste, comb or brush, deodorant.
  - *A shampoo/conditioner 2 in 1 is best with our limited shower time*
  - *A small bottle of body wash is easier to manage than a bar of soap.*
  - *For girls—feminine hygiene products, just in case*
- Lip balm
- Sunscreen lotion
- 2 Large Water bottles labeled with camper's name
- Flashlight
- Laundry bag, or small trash bag for dirty/wet laundry

### OPTIONAL ITEMS:

- Riding Helmet
- Book, reading materials
- Camera (disposable for younger campers)
- Stationary, stamped envelopes
- Sunglasses
- Bandana or neckerchief
- Insect repellent
- Day Pack
- Guitar or other musical instrument
- Flip flops for the shower
- Blankets/sheets (twin) for bed in cabin
- 1 pair of old or thin sneakers (sandals not allowed)
- Costume/props for theme week

### NOT PERMITTED

Any electronics: Cell phones, video games, or music players. Food, gum, candy, alcohol, drugs, tobacco, weapons, fireworks, aerosol sprays, makeup, pets, offensive magazines or clothing, inappropriately short shorts, tops that are low cut or show midriff.

### SUGGESTIONS

Pack old stuff. There's lots of dust and red clay soil at camp. Sending nice new clothes/shoes is ok, but they'll need a good washing when you get home. Be sure to check the Lost & Found area on Friday.

### 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 2 weeks, we will donate any unclaimed items to a local charity.

### \*RIDING BOOT

For safety concerns and overall comfort while on horseback, a riding boot is most important. Such boots need to have at least a 1/2 inch straight heel and fit up over the ankles. This is to keep feet placed securely in the stirrups. Some great places to shop for used boots are second hand or thrift stores. Otherwise, Boot Barn usually has a super selection of new boots for young riders.

### \*T-SHIRTS

Due to safety and modesty concerns Campers will now be asked to wear T-shirts during their daily time at the barn, on and around horses. Mounting and dismounting a horse creates a situation where things can get wrapped on the horn of the saddle. T-shirts help to eliminate this issue. While tank tops are more than appropriate during other camp activities we ask that you please refrain from wearing shirts that are low cut, midriff showing, or have dropped arm holes.

### HELMETS

We do require that all participants wear a ASTM/SEI approved helmet while on or around horses here at Raintree Ranch. We provide certified helmets for participant use that are disinfected daily. If you chose to bring your own helmet it must be staff approved and a ASTM/SEI certified horseback riding helmet that has never been fallen in.



### JEWELRY

Do to safety concerns we will not allow necklaces to be worn while riding horses. If possible, we recommend leaving them at home.

### MAKE-UP AT CAMP

We have a "no make-up" policy that complements the outdoor experience of camp life. Please leave all cosmetics at home.

### 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 will be charged to their camp store account.

# PEGASUS PROGRAM OVERVIEW

The Pegasus Program was developed for the purpose of training and developing our teen leaders, many of whom may eventually apply to be staff or volunteers in future years.

We have specific leadership staff working with Pegasus campers to guide them through the process, provide workshops, schedules, and mentor campers throughout their weeks at camp.

The Pegasus program is not for everyone and campers should deliberately choose to be in the Pegasus program. We have many campers ages 15-17 who continue to join our regular horse program as they enjoy the riding aspect more than the leadership experience.

Campers in the Pegasus program need to exhibit and be a role model of the 4 core values: Caring, Honesty, Respect, and Responsibility. A higher level of behavior is expected for this program. If we feel that they aren't living up to their responsibilities, then Leader-In-Training campers (LITs) or Camp Assistants (CAs) may be sent home and the Camper-In-Training campers (CITs) may be reassigned to the regular horse program.

There is limited space in each of our sessions for Pegasus, so please sign up or apply early to secure a spot in your preferred week. You can register for the CIT program anytime at <http://www.camp.ymca.org/sign-up.html> Applications for CAs and LITs are generally available on February 1st.

We have a Financial Assistance Program available to qualifying families with the application period beginning in February. For more information or to obtain an application, please visit our website at <http://www.camp.ymca.org/sign-up.html> or call our office at 760.765.0642.

See the next page for the different program levels based on grade level.



## PEGASUS LEVELS

The Pegasus program is set up to be a progressive system, so each summer campers grow a little more in their leadership skills. For specific camper questions or comments please call Shawners @ 760.765.0642 ext 16008

### LEVEL 1: CIT (Camper-In-Training)

- A **1-week program** to start your leadership journey
- For campers aged 15 **entering 10th grade**
- **Cost** is the same as our regular horse program
- CITs still get to **ride horses** and go for bolos
- Your week will involve **leadership experiences** such as: helping younger cabins, assisting with leading game and songs, helping during horse lessons, and participating in workshops with other Pegasus campers
- You may also be assigned a **cabin/counselor to shadow** and assist during activity rotations
- Each evening you will join up with the other Pegasus campers and staff to **debrief your day**
- **If staying multiple weeks**, you can only be a CIT for 1 of those weeks and it should be the last week of your visit. **Only 1 CIT session per summer permitted**

### LEVEL 2: LIT (Leader-In-Training) - APPLICATION REQUIRED

- A **2-week experience** at camp, but just the cost of a 1 week trip. **(2 weeks for the price of 1)**
- For campers aged 16 **entering 11th grade**
- LITs will assume a **higher level of responsibility** and be expected to fill more of a leadership role
- **Focus on working as a leader** with a cabin group of younger campers and being an active participant with other Pegasus campers in leadership workshops and activities
- **LITs will no longer have dedicated riding time** and cannot go for any bolos, but will assist other campers in horse activities, horse chores, and assist in teaching horse lessons
- Each evening you will join up with the other Pegasus campers and staff to **debrief your day**
- LITs can also attend as a regular camper, but the **LIT session must be your last session** at camp. **Only 1 LIT session per summer permitted.**
- **Applications** are generally available February 1st on our website or by contacting the Raintree Director. Due date is March 1st, with decisions being made by March 31st.

### LEVEL 3: Camp Assistant (CA) - APPLICATION REQUIRED

- A **3-week** volunteer commitment **free of charge**
- For campers aged 17 **entering 12th grade**
- Campers must **fill out an application and be selected by the Camp Director**. Applicants are chosen on the basis of prior Pegasus evaluations, leadership experiences outside of camp, and experience working with youth
- **Assume the highest level of responsibility**, assist counselors and wranglers in all areas of camp, plan and run programs under the direction of the Pegasus Coordinator, and be a positive member of our camp community
- CAs can gain **service learning hours** for their time, a letter can be provided from the Camp Director if needed
- CAs may choose to spend some of their weeks either shadowing counselors or wranglers depending on their career interests. Program does not involve riding lessons
- CAs still get to spend time with other Pegasus campers and work with them in planning activities, debriefing sessions, and teambuilding to build their skills
- CAs are still campers, and are at no time to present themselves as staff, and will never be left alone with children
- **Applications** are generally available February 1st on our website or by contacting the Raintree Director. Due date is March 1st, with decision being made by March 31st
- Completion of the CA program does not guarantee future employment with the YMCA
- CAs are volunteers and must complete an online Child Abuse Prevention training prior to arriving at camp
- CAs must read, sign and abide by a Code of Conduct (on the application)
- CAs will not be allowed to keep a cell phone during their stay. They cannot leave camp in between sessions unless picked up by a parent/guardian
- Generally sessions for CAs are 1-3, 4-6, or 7-9, but depending on your schedule we can make arrangements to volunteer different weeks if necessary

# PEGASUS FAQ'S

## **Will my camper still be able to participate in the Bolo Program?**

As a CIT - Yes!

As an LIT - No! This is our most challenging level of the Pegasus Program because we ask these campers to be more concerned with the development of leadership and teaching skills and to focus less on personal riding time. If campers sign up for additional weeks of camp as a traditional camper, then they are welcome to participate in the Bolo Program.

As a CA, we handle it on a case-by-case basis. Please contact the Raintree Ranch Director, Shawners, prior to camp or on opening Sunday at [sconer@ymca.org](mailto:sconer@ymca.org) or 760.765.0642 ext 16008

## **Will I get to be staff if I complete the program?**

The Pegasus program does not guarantee any employment with YMCA. While many of our camp staff have been through the program, being hired as a staff is the highest level of responsibility. Only successful graduates are accepted by our rigorous hiring standards.

We have had staff complete the Pegasus program but then take a year or two to gain more employment experience before applying to be staff.

Staff also must be 18 to work at camp for the full summer, so if you have a late birthday or have skipped a year or two ahead, you may not yet be eligible to apply the following year. But you can apply to be a volunteer.

## **Will my camper be on site the whole week?**

Throughout the summer there's a possibility the Pegasus Coordinator will organize an off-site excursion. A Y-Staff member will call for verbal permission before any trips off camp property.

## **Where do the Pegasus campers stay?**

Females stay in a platform tent located next to the bunk house. Their bathrooms are inside the bunk house – short walk. You may also be placed with a younger cabin and have a bunk in that cabin for 1 or more weeks depending on your program.

Males will live in the boys cabins. Depending on the program and week, you may be living in a younger boys cabin, or live in cabin along with the older boys.

## **Is one step a prerequisite for the other?**

Campers get the best experience by going through each level. While selections for the CA level will be highly weighted to campers who have successfully completed the LIT program at Raintree Ranch, occasionally we have Camp Assistants who having similar or equivalent experience at other camps, working with kids, or volunteer involvement to be considered.

Campers joining CIT or LIT should have a 1-week experience as a regular camper to be the most successful.

## **What if I want to do both Pegasus and be a regular camper?**

Great! We have so many campers that choose this option since they love riding and would be placed in the oldest girls or oldest boys cabin.

The weeks as a regular camper need to be before the weeks as Pegasus camper (CIT or LIT). Campers in the Camp Assistant program have aged out, and are no longer eligible to become a regular camper.

## **Do I stay the weekend in between LIT or CA sessions?**

Yes, the weekend between sessions is a more relaxed schedule, with a chance to have your laundry done at camp. Your leadership skills will still be used over the weekend in assisting the counselor staff and helping with programs for the holdover campers, but you'll also have some good bonding time with your fellow Pegasus. If you have a prior arrangement and cannot attend over the weekend, please contact camp.





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# YMCA CAMPER HEALTH HISTORY FORM

**DO NOT MAIL**  
**PLEASE BRING FORM TO**  
**CAMP ON CHECK-IN DAY**

Camper Name: \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Parent/Guardian 1 Name: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

Parent/Guardian 2 Name: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

Family Email Address: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

**Immunization History** Are all immunizations up to date?  Yes  No Date of last tetanus shot (if known): \_\_\_\_/\_\_\_\_/\_\_\_\_

**Medical Information**

Family Physician: \_\_\_\_\_ Phone: \_\_\_\_\_ Date of last physical exam: \_\_\_\_/\_\_\_\_/\_\_\_\_

Medical Insurance Carrier: \_\_\_\_\_ Policy and/or group #: \_\_\_\_\_

**Past or Present (please check). If YES for asterisk \* items, must have a Doctor's Authorization completed (reverse side)**

Currently under Dr. care* <input type="checkbox"/> Yes <input type="checkbox"/> No	ADD/ADHD <input type="checkbox"/> Yes <input type="checkbox"/> No	Head Lice (recent) <input type="checkbox"/> Yes <input type="checkbox"/> No
Heart defect/disease* <input type="checkbox"/> Yes <input type="checkbox"/> No	Autism <input type="checkbox"/> Yes <input type="checkbox"/> No	Chicken Pox <input type="checkbox"/> Yes <input type="checkbox"/> No
Recent hospitalization* <input type="checkbox"/> Yes <input type="checkbox"/> No	Asperger's Syndrome <input type="checkbox"/> Yes <input type="checkbox"/> No	Measles <input type="checkbox"/> Yes <input type="checkbox"/> No
Asthma* <input type="checkbox"/> Yes <input type="checkbox"/> No	Bedwetting <input type="checkbox"/> Yes <input type="checkbox"/> No	German Measles <input type="checkbox"/> Yes <input type="checkbox"/> No
Seizures* <input type="checkbox"/> Yes <input type="checkbox"/> No	Sleepwalking <input type="checkbox"/> Yes <input type="checkbox"/> No	Other diseases/conditions <input type="checkbox"/> Yes <input type="checkbox"/> No
Diabetes* <input type="checkbox"/> Yes <input type="checkbox"/> No	Tuberculosis <input type="checkbox"/> Yes <input type="checkbox"/> No	

For each  Yes, please explain: \_\_\_\_\_

<b>Allergies:</b> Bee Stings <input type="checkbox"/> Yes <input type="checkbox"/> No require Epipen? <input type="checkbox"/> Yes <input type="checkbox"/> No	Food Allergies <input type="checkbox"/> Yes <input type="checkbox"/> No List _____	Poison Oak/Ivy <input type="checkbox"/> Yes <input type="checkbox"/> No	Penicillin <input type="checkbox"/> Yes <input type="checkbox"/> No
Other insect/animals <input type="checkbox"/> Yes <input type="checkbox"/> No List _____	Any airborne allergies <input type="checkbox"/> Yes <input type="checkbox"/> No List _____	Hay Fever <input type="checkbox"/> Yes <input type="checkbox"/> No	Other Drugs <input type="checkbox"/> Yes <input type="checkbox"/> No List _____

**Dietary Restrictions?**  Yes  No \_\_\_\_\_

Any reason to restrict full activity including swimming, long hikes, strenuous physical games?  Yes  No

Any current mental, or psychological conditions requiring special consideration or restrictions?  Yes  No

For each  Yes, please explain: \_\_\_\_\_

**Current medications:** to be continued at camp: *(use additional pages if necessary)*

Med Name, Dosage \_\_\_\_\_ (Circle frequency) Breakfast, Lunch, Dinner, Bedtime, As needed, Other time \_\_\_\_\_

Med Name, Dosage \_\_\_\_\_ (Circle frequency) Breakfast, Lunch, Dinner, Bedtime, As needed, Other time \_\_\_\_\_

Med Name, Dosage \_\_\_\_\_ (Circle frequency) Breakfast, Lunch, Dinner, Bedtime, As needed, Other time \_\_\_\_\_

Inhalers or Epipens brought to camp? List what for and instructions \_\_\_\_\_

Other Medication Instructions for Health Care Staff: \_\_\_\_\_

**Non-Prescription Medications** I authorize the following medications or generic equivalent to be administered as needed:

Cough/Sore Throat Drops  Yes  No | Metamucil  Yes  No | Pepto Bismol  Yes  No | Cough Syrup  Yes  No

Acetaminophen (Tylenol)  Yes  No | Benadryl  Yes  No | Ibuprofen (Advil)  Yes  No | Hydrocortisone  Yes  No

**Ethnicity** (for statistical reporting only)  Black/African American  Asian/Pacific Islander  Hispanic/Latino  
 White/Caucasian  Native American  Other: \_\_\_\_\_

**Waiver of Liability:** I, the undersigned parent/person having legal custody/guardianship of the above said minor, give permission for the minor to participate in all YMCA programs. The minor is physically able and mentally prepared to participate in all activities as described in the announcement for the program. In consideration of said minor being permitted to enter any branch of the YMCA of San Diego County ("YMCA") for observation, use of facilities and/or equipment, or participation of the above in any program, I, on behalf of myself (as parent, guardian, coach, aide, spectator or participant) hereby: 1. Acknowledge that (i) I have read this document, (ii) I have inspected the YMCA facilities and equipment, (iii) I accept them as being safe and reasonably suited for the purposes intended and (iv) I voluntarily sign this document. 2. Except for YMCA's gross negligence or willful misconduct I release the YMCA, its directors, officers, employees and volunteers (collectively "Releasees") from all liability to me or the above said minor, for any loss or damage to property or injury or death to person, whether said damage or injury results from conditions arising upon the YMCA facilities or arising out of or in connection with YMCA programs or activities. YMCA shall not be liable for any damages arising from any act or neglect of any other member, occupant or user of the YMCA premises or participant in YMCA programs or activities. I agree that the above said minor assumes full responsibility for, and risk of, bodily injury, death or property damage except caused or due to the gross negligence or willful misconduct of the YMCA. 3. I agree not to sue Releasees for any loss, damage, injury or death described above and except for YMCA's gross negligence or willful misconduct, I will indemnify, protect, defend and hold harmless the YMCA and its Releasees from and against any and all claims and/or damages, liens, judgments, penalties, attorneys' and consultants' fees, expenses and/or liabilities arising out of, involving, or in connection with, the YMCA membership, use of YMCA facilities and/or participation in YMCA programs by me, the above said minor or any other person. If any action or proceeding is brought against YMCA by reason of any of the foregoing matters, I shall upon notice defend the same at my expense by counsel reasonably satisfactory to YMCA and YMCA shall cooperate with me in such defense. YMCA need not have first paid any such claim in order to be defended or indemnified. 4. I do hereby authorize the YMCA as agent for the undersigned, to consent with respect to said minor, to any x-ray examination, anesthetic, medical, dental, or surgical diagnosis or treatment, and hospital care which is deemed advisable by, and is to be rendered under general or special supervision of, any physician and surgeon licensed under the provisions of the California Medical Practice Act on the medical staff of any hospital, whether such diagnosis or treatment is rendered at the office of the physician or at the hospital. I understand that the YMCA is not responsible for costs incurred for medical care. I intend this document to be as broad and inclusive as is permitted by the laws of the State of California; if any portion hereof is held invalid, I agree the balance shall continue in full force and effect.

**Luggage Search:** I agree that any camp participant's belongings may be searched outside the participant's presence for drugs, alcohol, weapons or other forbidden objects.

**Signature of Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Photographic Waiver/Consent:** I give my permission to the YMCA of San Diego County to use my picture or other likeness, or a picture or other likeness of any of my children in the YMCA's general publicity and campaign materials.

**Signature of Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_



**THIS SECTION TO BE COMPLETED IF CURRENTLY UNDER DOCTOR'S CARE OR \*ASTERISK-HEALTH CONDITION IS CHECKED ON FRONT OF THIS FORM.**

**Note:** A Doctor's written authorization is only required if the camper has a history of Asthma, Heart Defect/Disease, Seizures, Diabetes, has been recently hospitalized, or is currently under a Doctor's care. If so, complete this section.

**Health Examination by Licensed Physician**

Child's Name: \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: \_\_\_\_\_

Parent's name: \_\_\_\_\_

Because of this camper's medical history, we have asked that your written authorization be provided prior to their attendance at YMCA Camp. Please realize that camp is held at either mountain (4300 feet elevation) or oceanfront settings. The programs are very active with strenuous hiking, games, swimming, surfing, and camp activities. Your careful consideration is appreciated.

I have examined the child named on this form within the past two years. Date examined: \_\_\_\_/\_\_\_\_/\_\_\_\_

After examination and my review of his/her health history, it is my opinion that this person is physically able to engage in camp activities, except as noted below.

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Blood pressure: \_\_\_\_\_

Is the applicant under the care of a physician for any conditions?  Yes  No Please explain: \_\_\_\_\_

\_\_\_\_\_

Any specific activities to be encouraged or limited by physician's advice? \_\_\_\_\_

\_\_\_\_\_

Any medically prescribed meal plan or dietary restrictions? \_\_\_\_\_

\_\_\_\_\_

Any treatment or medications to be continued at camp (please give specific dosages)? \_\_\_\_\_

\_\_\_\_\_

Any allergies? (Food, drugs, plants, insects, etc): \_\_\_\_\_

Additional health information: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Licensed physician signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Date of form completion: \_\_\_\_/\_\_\_\_/\_\_\_\_ By: \_\_\_\_\_

**YMCA Overnight Camps - Marston | Surf | Raintree**  
PO Box 2440 Julian, CA 92036  
T 760 765 0642 F 760 765 0183  
E camp@ymca.org W http://www.ymca.org/camp



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FOR SOCIAL RESPONSIBILITY

**DO NOT MAIL**  
**PLEASE BRING FORM TO**  
**CAMP ON CHECK-IN**

## YMCA RAIN TREE RANCH HORSE WAIVER

### WAIVER AND RELEASE OF LIABILITY AGREEMENT

Camper Name: \_\_\_\_\_ Age: \_\_\_\_\_  
(Last) (First)

In consideration for the above said minor being permitted to participate in the activities of horseback riding, I agree to the following waiver, release and indemnification.

I apply for said minor to ride horses provided by YMCA Raintree Ranch Camp. I understand that horseback riding will expose him/her to above normal risks due to the unpredictable nature of horses to such things as sounds, sudden movements, unfamiliar objects, persons, other animals; and that many of the risks are beyond the control of YMCA Raintree Ranch Camp and its employees. These risks include equipment failures, loss of control, collisions, obstacles, variations in terrain, and unexpected actions of the horses. I understand that the participant can act in a negligent manner that may contribute to injury to the participant or others, such as failing to maintain control over the animal or not acting within his or her ability. These risks can result in injury or death to the rider of the horse in a variety of ways, including being thrown from the horse.

The undersigned parent, guardian or custodian of the above minor hereby joins in the foregoing Waiver and Release and hereby stipulates and agrees to save and hold harmless, indemnify and forever defend the YMCA of San Diego County, their directors, officers, agents, employees and volunteers from and against any claims, actions, demands, expenses, liabilities (including reasonable attorneys fees) for negligence as a result of said minor's participation in the activities of YMCA Raintree Ranch Camp and his or her use of the property, animals and facilities. I, on behalf of said minor, further agree not to sue the YMCA of San Diego County, its directors, officers, agents, employees and volunteers as a result of any injury, paralysis or death that said minor suffers from negligence in connection with his/her participation in the activities of YMCA Raintree Ranch Camp.

I represent that said minor has no health or physical condition that will interfere with horseback riding or cause him/her to be more susceptible to injury than the average person. I assume the risks associated with any such health or physical condition.

I have carefully read, clearly understand, and voluntarily sign this waiver and release agreement. I have read and explained this form, particularly the risks of horseback riding, to my child.

Date: \_\_\_/\_\_\_/\_\_\_

\_\_\_\_\_  
Signature of Parent, Guardian or Custodian of Minor

\_\_\_\_\_  
Print Name of Parent, Guardian or Custodian of Minor

Date: \_\_\_/\_\_\_/\_\_\_

\_\_\_\_\_  
Signature of Minor





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FOR SOCIAL RESPONSIBILITY

## YMCA OVERNIGHT CAMP SUMMER THEMES

Every session at our YMCA Overnight Camps has a special theme. To get into the spirit, we recommend bringing items you already have at home. Your child can also use our camp supplies to create the perfect gear.

1

**WILD WEST (JUNE 12-17)** Let's get together with the rest of the cowpokes and live like they did in the Wild West. We'll have barn dances, gold panning, bronco taming and much more. This week we'll celebrate everything Cowgirl and Cowboy!



2

**SAFARI (JUNE 19-24)** Camp will bring out the animal in you! Come join us in an adventure of ongoing discoveries of wildlife through games and activities.



3

**SPACE (JUNE 26-JULY 1)** The final frontier! Little Green Men, big Red planets, dehydrated ice cream and using the force. This week we head into space, deep space, to discover distant planets and to learn a thing or two about how cool it is to be human along the way.



4

**GOING GLOBAL (JULY 3-8)** This week is a celebration of the world we live in. Different cultures and customs are what make the world go round. Play games, dance dances and celebrate all things international!



5

**HEROES (JULY 10-15)** Come celebrate the heroes in your life! Policemen, Firefighters, Teachers, Doctors, Military or even Superheroes. We will discover what it takes to be a hero in this adventurous week of camp!



6

**WIZARDS (JULY 17-22)** Come experience the magic of camp. Hop on your broomstick and fly on over! This week will be filled with experiments, magic and of course other wizardry crafts and activities.



7

**1980'S (JULY 24-29)** What's up dudes...it's time to bust out those neon spandex, side ponytails and Rubik's Cubes. This week is going to be totally awesome!



8

**OLYMPICS (JULY 31-AUGUST 5)** Represent your cabin/country with pride while testing your agility and endurance. This week of camp will be ongoing team competitions to see who will be standing atop the podium on Friday.



9

**FUTURISTIC (AUGUST 7-12)** Hop in your flying car and come make this week of camp filled with hover boards, robots androids, one to never forget! We'll time travel to future to get a glimpse of what is to come.





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## YMCA RAINTREE RANCH CARE PACKAGE FORM [OPTIONAL]

EASY, CONVENIENT, FAST AND PERSONALIZED

For those who registered **ONLINE** and chose the "Care Package" option you **DO NOT** need to complete this form.

CAMPER NAME: \_\_\_\_\_ AGE: \_\_\_\_\_  GIRL  BOY  
(FIRST) (LAST)

CABIN NAME (if known): \_\_\_\_\_ CAMP SESSION/DATES: \_\_\_\_\_

PLEASE INDICATE CAMPER'S ADULT T-SHIRT SIZE:  SMALL  MEDIUM  LARGE

IS THIS A HAPPY BIRTHDAY SURPRISE?  YES  NO MESSAGE: \_\_\_\_\_

PAY BY:  CASH  CHECK  DEBIT/CREDIT CARD (VISA, MC, DISCOVER, AMEX)

CARD #: \_\_\_\_\_ EXP DATE: \_\_\_\_\_ / \_\_\_\_\_

CARDHOLDER'S NAME: \_\_\_\_\_

BILLING ZIPCODE: \_\_\_\_\_ PHONE #: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ TOTAL: \$ \_\_\_\_\_

- ◆ ALL CARE PACKAGE ORDER FORMS MUST BE RECEIVED AT CAMP NO LATER THAN 5:00PM ON CHECK-IN SUNDAY
- ◆ ALL BAGS WILL BE GIVEN OUT ON TUESDAY
- ◆ WE RESERVE THE RIGHT TO SUBSTITUTE WITH ITEMS OF EQUAL VALUE



PRICE: \$37

- POSTCARDS
- PENCIL
- LIP BALM
- WATER BOTTLE
- DOG TAG
- FRISBEE
- STRING BACKPACK
- BANDANA
- LIMITED EDITION STUFFED ANIMAL
- FLASHLIGHT
- CARABINER
- CAMP T-SHIRT
- PLAYING CARD DECK

YMCA Overnight Camps  
Marston | Raintree Ranch | Surf  
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