



PARENT HANDBOOK

Building Kids up in Spirit, Mind, & Body Since 1915

Dear Families:

Thank you for joining YMCA Camp of Maine (YCamp)! Steeped in tradition and embracing new trends in camping, we are ready for another exciting year on the shores of Cobbosseecontee.

We hope this resource is a helpful tool as you prepare your camper for YCamp. Everyone should come to camp prepared to have a successful experience. If you have any questions, do not hesitate to contact us via email or phone. For a better overview of YCamp, attend our Open House, view pictures on the website, and follow us on social media.

Sincerely,
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THE YCAMP STATEMENT

Active and successful participation in the resident camp experience at YCamp entails the ability to independently, safely, and cooperatively:

- Live with (i.e. sleep in a cabin and create a summer home with) similarly aged campers in a cabin, and take part in the social and free times of the unit.
- Exhibit suitable behavior without needing more than the usual amount of individual attention.
- Be responsible for personal care, including individual health and safety.
- Follow a varied individual and group activity schedule, and manage free time with minimal supervision.

THE YCAMP EXPERIENCE

- Maneuver rugged, steep terrain and distances between activities that are part of the natural surroundings.
- Enjoy excursions which may require challenging hikes and offer little or no shelter.
- Understand and respond to group instruction for most of the activities offered at YCamp.
- Join in group activities that build community, such as singing, campfires, and family-style meals in the Dining Hall.
- Act appropriately in the event of an emergency/drill.
- Contribute positively to the overall spirit of the YCamp community.

YCamp endeavors to arrange reasonable accommodations to make camp accessible while preserving the rustic facilities, natural surroundings and a quality camping experience for all.

The development of every camper and counselor in Spirit, Mind, & Body is important to the programming at YCamp. The YMCA Core Values (Caring, Honesty, Respect, and Responsibility) are woven through all programming. Every child is unique, yet every child has the same critical need to discover who they are, stretch their wings, and prepare for life ahead. The outdoor, overnight camp program has proven to be a great way for a child

to gain many of these assets and YCamp is uniquely suited to deliver a camp experience that will last a lifetime.

We value community.

Individual attention is given to campers by international and American staff members who are positive role models and serve as counselors, cabin leaders, and program teachers.

We build relationships.

YCamp provides opportunities for campers to branch out and make new friends by offering traditional and unique activity choices.

There are daily opportunities to learn what it means to have positive friendships, deal with life's struggles, and grow in character. Building resiliency and encouraging coping mechanisms are tools utilized by counselors and campers alike. The staff work with campers to get through the difficult times encountered during adolescence and guide campers to emerge as stronger individuals.

CAMPER AGES & DIVISIONS

While we firmly believe in younger and older campers learning together, cabins are divided into two and three divisions that help ensure your child's experience is age and developmentally appropriate. Our campers range from ages 7 to 16. To make a bunkmate request, please email Jodi (jodi@maineycamp.org) and give your child's full name as well as the friend's full name. Cabin friend requests are not guaranteed. These requests need to be placed by June 15. Please be aware there will not be cabin changes made during the Check-In process.

- North Village (Girls' Village)
 - Kennebec Porch (7-10 years old)
 - Somerset Porch (11-13 years old)
 - Maine Porch (14-16 years old)
- South Village (Boys' Village)
 - Cobbossee (8-11 years old)
 - Rotary (12-16 years old)

*These ages are to be used as a guideline.

ABOUT OUR STAFF

Counselors and staff members undergo a background check which includes professional and personal reference checks, and criminal background checks. Staff come from Maine, New England, across the US, and internationally. All staff members participate in 10 day staff training that includes: Policies & Procedures; Child Abuse Prevention; Songs, Skits, and Traditions; Cabin and Behavior Management; Leading with the Core Values; and Program Planning. All staff members are trained in CPR and First Aid. The Lifeguards are trained in an internationally recognized lifesaving program.

DAILY SCHEDULE

- 7:15 am - Wake up
- 7:45 am - Morning Meeting and Flag
- 8:15 am - Breakfast
- 9:15 am - Squad Duties
- 10:15 am - Activity Period 1
- 11:15 am - Activity Period 2
- 12:15 pm - Flag/Lunch
- 1:15 pm - Rest Time
- 2:15 pm - Activity Period 3
- 3:15 pm - Activity Period 4

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4:15 pm - Rec Time
5:30 pm - Flag
5:45 pm - Dinner
7:15 pm - Evening Program
8:30 pm - Cabin Chat
9:30 pm - Lights Out

MEALS

Three well-balanced meals are served each day in the Dining Hall or at the Picnic Tables in front of the Dining Hall. Food is prepared by our Chef and Kitchen Staff who plan kid-friendly meals that are healthy. Campers eat family-style with their cabin mates, while counselors emphasize the importance of healthy eating and manners. Announcements and singing provide spirit and energy at mealtimes. Food options to reasonably accommodate dietary restrictions are available. The Chef and Nurse work with parents to make sure the dietary restrictions of their child are reasonably met.

CHECK-IN (ARRIVAL) AT THE BEGINNING OF EACH SESSION

Check-In is on Sunday starting at 1pm. Prior to check-in, staff are busy preparing camp and making sure everything is ready for the start of the session. At 1 pm, check-in will begin. Staff members will be assisting with parking and helping with directions to the different villages check-in locations. Cars will either be parked in the parking lot or on the sports fields.

All North Village (girls) campers will line up by the Basketball courts to start check-in. Head and Health checks will be completed at the picnic tables outside the Dining Hall. South Village (boys) campers will line up at the tent in the corner of the Jeff Smith Parking Lot. Their Head and Health checks will be completed at the picnic tables in Katahdin Village. The Head and Health Checks consist of campers having their scalps checked to ensure no one entering camp has head lice and their general health/temperature are checked to ensure they are healthy when arriving. All campers with medication will need to drop off medications and to double check for any changes in medication or paperwork during their Health Check. Everyone's health and well-being are our first priority.

If a camper arrives with lice or has other medical issues, the medical staff may require the camper to go home until the noted issues have been resolved. Campers arriving by camp transportation will be checked once they arrive at camp.

Once campers have been cleared for both their Head and Health checks, campers and their families can walk to their cabins to get settled. A four-wheeler will deliver the large luggage (trunk, tote, suitcase, duffle bag) to villages. A backpack or small duffle should stay with the camper, containing the campers bedding: pillow, sheets/blankets, sleeping bag, etc. This way parents can still help the campers set up their beds.

If a camper will be late arriving to camp, the office should be notified as soon as possible. Families who have not checked-in their camper by 3 pm will receive a phone call from YCamp Leadership for a status update.

EXPLORER'S CAMP CHECK-IN (ARRIVAL)

Check-In for our Explorer's Camp runs similar to regular camp as described above. The time for check-in is 1:00pm.

CHECK-OUT (PICK-UP) AT THE END OF THE SESSION

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Families should come pick-up their campers at the end of the session between 9:30 am – 10:30 am on Saturday. Staff members will be assisting with parking and helping with directions to the different village check-out locations. Cars will either be parked in the parking lot or on the sports fields. Come prepared with your camera to capture the last memories of the session.

Friday night before our closing Camp Fire, all campers have packed up the bulk of their belongings and brought it up to either the Auditorium if they reside in North Village, or the white tent in the parking lot if they reside in the South Village.

Before breakfast on the last day of the session, campers bring their remaining items from the cabin to either the auditorium or the white tent so that they have everything together and nothing is left in the villages. We conclude the session with a big parade celebrating all of the campers together along the camp road.

An authorized pick-up person needs to sign each camper out before leaving. Authorized people are the camper's parents/guardians and Emergency Contacts listed in CampMinder. All changes need to be submitted to Camp Administration ahead of pick up. In the event of an emergency or delay during pick-up, notify camp administration as soon as possible - your camper will be safely kept at YCamp until an authorized person can come to pick them up.

Sign-Outs are with the Unit Leaders in front of the Camp Store near the Parking Lot. Unit Leaders will be checking Identification of Authorized people to ensure it matches what we have on file. The Medical Staff will also be on hand to return medications. Parents/Guardians who have not claimed their camper by 11am will start receiving phone calls from camp staff to check on status.

Unclaimed Lost & Found will be located outside the Dining Hall. Make sure to check the area for towels, sweatshirts, and other clothing. Please label belongings with the camper's first and last name so they can be returned during the session. We will hang onto these until the end of camp in the hope they will find their owners. Unclaimed lost and found will be donated to those in need.

EXPLORER'S CAMP CHECK-OUT (PICK-UP)

The pick-up procedure is very similar as to regular camp. The check-out time is 10:00am on Wednesday.

UNEXPECTED PICK-UP

In the event of an emergency at home, or if your camper needs to leave camp for another reason, YCamp Leadership should be notified as soon as possible. The camper will be assisted with packing their belongings and moving to the Infirmary.

An authorized pick-up person needs to sign each camper out before leaving at the Infirmary. Authorized people are the campers's parents/guardians and Emergency contacts listed in CampMinder. Only these listed authorized people will be able to have release of the camper. Verification of individuals will be made with appropriate, valid photo identification as requested by Camp Leadership. All changes need to be submitted to Camp Administration.

CAMPERS ARRIVING & DEPARTING FROM THE AIRPORT

International and US campers arriving at an airport who need transportation to YCamp need to coordinate this with the Camp Administration before summer begins. YCamp

requires all flight details and emergency contact information which will be verified before arrivals and departures.

Arrivals and Departures are planned to maximize YCamp Staff time and limit unnecessary waits at the airport. YCamp does not guarantee immediate departure after pick-up and campers should plan on waiting longer than normally anticipated for departing flights due to multiple campers' needs.

Two Staff members will be in every transportation run. Vehicles used are only camp vehicles. Vehicle rules and emergency procedures will be reviewed with campers before the vehicle starts its journey.

ARRIVAL: YCamp staff will be at the appropriate airport terminal arrival gate before the flight lands. Staff will be wearing their staff shirts, name badges and will have a YCamp sign with them. Staff claiming unaccompanied minors will have appropriate documentation for release. Parents will be notified via WhatsApp once the camper has connected with the staff member. Once all of the campers have arrived, YCamp staff will transport the campers in a camp vehicle back to camp. Once back at camp, parents will be notified on WhatsApp.

DEPARTURES: YCamp staff will transport the campers to the airport in a YCamp vehicle. YCamp will plan on arriving at least one hour early for domestic flights and two hours early for international flights. This can be longer due to multiple campers' needs.

Staff members will ensure independent travelers are ticketed and in the security line. Unaccompanied campers will be escorted through the entire process (ticketing, security, waiting at the gate) by YCamp staff members unless other arrangements have been made by the family through the airline. Staff members will not leave the gate until the plane's wheels are off the ground. YCamp staff will notify parents on WhatsApp to keep them updated and once the planes are in the air.

The WhatsApp number will be shared with parents prior to arrival and departure. Parents should communicate with staff any changes &/or concerns through the WhatsApp number provided. Issues with timing and flights will be communicated with parents and YCamp staff will work to mitigate issues and work on solutions in coordination with parents.

INFIRMARY/HEALTH CENTER

The on-site Infirmary (Health Center) is the home of YCamp's Medical Staff consisting of trained medical personnel (EMT, Paramedic, LPN, RN, PA-C, ARNP, MD, DO). Campers who become sick or injured will be under the care of the Medical Staff who will contact families to coordinate care as needed. In the event of a medical emergency, the Medical Staff (or other YCamp Leadership) will start with Parent 1 listed for the effected camper(s) and work through the other contacts listed until contact is made. Under the authorizations provided during registration, YCamp will act in accordance with permissions and Standing Orders to provide care. In the event of a non-emergency medical concern, the Medical Staff will call Parent 1 listed for the camper(s). If initial contact is not immediately made, the Medical Staff will work to make contact with another listed contact person in a reasonable and timely matter.

The Infirmary operates under Standing Orders in partnership with a local physician. If a medical condition is shared in the camper's health history and requires additional consultation, the issuing physician will be consulted by YCamp Medical Staff. The Standing Orders permits dispensing of available over the counter medications that are stocked in the Infirmary. The full list of medications available at camp is listed in the

Health History form filled out by guardians. Guardians will be notified if there are persistent issues with their camper.

Health forms, consisting of the campers Health History, Parental Authorization with copies of Health insurance cards, most recent immunization record and physician exam, are required for all campers. Doctor's signatures must be within the last 12 months spanning the entire time a camper is at camp. Previous year's forms at camp may be carried over as long as the Doctor's signature and date remains valid. Valid health forms must be received by the Medical Staff by June 1 in order for the camper to attend camp.

If your camper will be bringing medication for their use during their stay at camp, please plan to bring enough of the prescribed, over the counter and/or homeopathic medications in the original packaging to last for the duration of their stay at Y Camp. All medications are kept in the Health Center for the safety of all at camp. A member of the Health Center staff will accept all camper medications at check in. Medical Staff will keep record of dispensing directions and ensure campers are receiving their medications at appropriate times.

Upon arriving on the session check in day, all campers will check in with the Health Center Staff prior to moving into their cabins. All camper medications, prescription, over the counter or homeopathic, will be collected at the Health Center. During check in, each camper will have a general health assessment and a lice check. Once those are completed, the campers and their guardians will head to their cabin.

The health and safety of our campers and staff is our number one priority. Prior to arriving on check in day, please check your child for lice and ask them how they are feeling in general. If your camper does not feel well, or is sick, please reach out to the YCamp Health Center to make a plan for your camper prior to arriving at camp.

YCamp wants to work with families to keep campers in good health. Toward this effort, Medical Staff will communicate issues with guardians to partner in nursing campers to good health and getting them back engaged with camp. Beds are available for campers in the Infirmary when additional rest is necessary.

Campers will be transported to the Hospital or Doctor's Office when deemed necessary by the Medical Staff and/or Camp Administration in coordination with the camper's family.

The family's Health Insurance is the primary coverage for any medical care provided outside of YMCA Camp of Maine's purview. When a prescription(s) is ordered, the fee for the prescription(s) will be paid by the camp at the time of retrieving the prescription(s). A corresponding fee will then be added to the campers account. The credit card on file will be charged that fee.

Off-site program health needs are covered by the trained staff members accompanying the trip. Health needs and concerns will be communicated by the off-site staff members back to the Medical Staff and/or Camp Administration on a regular basis. Additional resources will be coordinated with all involved parties. Communications with families in the event of off-site medical needs will come from the Medical Staff and/or Camp Administration.

LICE

Please check your camper for lice a few days prior to check in day and treat your camper if lice is found. If a camper arrives with lice, the medical staff may require the camper to go home until the lice issue has been resolved. If lice and nits are found while at camp, campers will have their heads treated on-site with lice removal treatments (natural and/or lice and nit removal medication). If the

case is more severe than can be handled by camp staff, off-site treatment will be required. The parent will be contacted and the cost of this treatment (\$200+) will be added to the family's account and charged to the card on file.

EMERGENCIES AT CAMP

YMCA Camp of Maine is located on 250 acres of woodlands and fields, on the shores of a large lake. With guidance from the Board of Directors and local Fire and Police, a comprehensive plan is in place to keep everyone safe in the event of an emergency. During Staff Training, all counselors and staff members rehearse the safety plans and during sessions with campers, drills are conducted similar to ones in schools.

If there is an emergency at camp, families will be contacted via phone &/or email with more details. Please do not contact camp unless directed to do so. There are limited phone lines and we will need to have outside access in the event of an emergency.

BEHAVIOR POLICY

The Y's four core values (Respect, Responsibility, Honesty, and Caring) are the hallmarks of behavioral expectations at YCamp. Every camper and staff member is expected to lead by example and exemplify the four core values in everything that is done. Using positive reinforcement to encourage compassion for each other and the environment is how YCamp approaches Behavior Management. When campers are unclear with expectations and are not following the safety rules of camp, staff members first work to help the camper understand what the expected behavior is.

Three strikes are given to campers if their behavior does not improve. When a second strike is issued, parents/guardians will be notified by Camp Administration to discuss the issues and concerns. Families can help shed light on existing behavioral issues, coping techniques, and guidance. Keeping the safety and well-being of everyone at camp in mind, campers who are detracting from the experience of others at camp will be removed for the betterment of the community. Upon receiving a third strike, families are notified and expected to immediately come pick-up their camper and not return to camp for the remainder of the summer. No refund or pro-rating of fees will be issued when a camper is removed from camp for behavioral issues.

Bullying – as defined by repetitive, malicious, and targeted behavior – is not tolerated at YCamp. Counselors work with campers who are bullying and if no resolution can be reached, the bullying camper(s) will be removed from camp.

Physical and verbal aggression are not tolerated at camp. Campers who exhibit aggressive behaviors may be asked to leave camp immediately to protect the safety and well-being of the camp community.

Families should discuss their camper's existing behavioral issues with the Camp Director prior to the beginning of summer. It is the goal of YCamp to help every camper grow and develop. With proper planning and foresight, staff members can be better prepared to manage existing issues. If the Camp Director feels that a camper's needs require attention above and beyond what can be reasonably accommodated for, registration may be canceled with a full refund. If an existing behavioral issue comes to light during camp and a camper needs to be removed from Camp, no refund will be issued.

The camp environment should be free of distractions. Staff and campers are not permitted to use, or be in the possession of tobacco, vape, marijuana (actual &/or derivative) drugs, and/or alcohol while at camp. Individuals found with these items at camp will be sent home immediately.

SPECIAL NEEDS AND ACCOMMODATION POLICY

YCamp will provide services to children with disabilities or any special needs in the same manner as services are provided for other children of comparable age. Camp will make reasonable accommodations that do not fundamentally alter the nature of the residential camp experience as described in the "YCamp Experience Statement." Requested accommodations shall be reviewed on a case-by-case basis as outlined.

BEDWETTING/ACCIDENTS DURING THE DAY

Bedwetting and accidents during the day are becoming more common than in past years. The amount of additional laundry this causes creates the need for an additional fee. If a camper wets the bed/has daytime accidents 3+ times, the third and all subsequent wettings/accidents will incur a fee of \$55 per load. This fee will be added to the family's account. The card on file will be charged the fee after each load. If a parent wants to pick up the soiled laundry, they will need to arrange this with the Health Center Staff.

EXPECTATIONS OF PRIVACY

While your child is at YCamp, Camp Management acts in loco parentis — this means that they are legally acting as the underage child's parent/guardian while at camp. Because of the close shared living quarters and bath houses, campers and staff should have limited expectations of privacy. But as always, the camp community expects considerate, respectful, and safe behavior by all.

COMMUNITY SAFETY & ABUSE PREVENTION

YCamp thoroughly conducts background checks on all staff members in accordance with protocols from Y-USA, Redwoods Group, ACA, Praesidium, and State of Maine. Safety is taken seriously and any allegations of abuse &/or mistreatment are investigated immediately by Camp Administration, the Board of Directors, and law enforcement personnel as necessary. Campers are included in discussions regarding safe behavior and how to report issues they experience or witness. The concepts of appropriate touch and consent are discussed at age appropriate levels with each group on the first day of each session as a part of orientation. Since bullying is considered as possible grooming for future abuse and is demeaning and harmful, bullying is not tolerated at YCamp. Steps will be taken to protect the bullied while correcting the behavior of the bully with parents/guardians as a part of the conversations. If the situation can not be corrected, campers will be sent home. For more information on this topic, contact the Camp Director.

PAYMENT POLICY

When registering for camp, a \$125 per week per camper deposit is due. Remaining balances are due June 1. Registrations completed after May 31 require payments in full at the time of submission.

Families requesting a cancellation prior to 30 days before the start of their camper's session will receive a 25% refund based on the full tuition. Cancellations requested within the 30 days prior to the start of their camper's session will not receive a refund.

Campers who are dismissed from camp for behavioral issues will not receive a refund.

Families select which payment plan they would like at the time of registration: "Monthly Installments" -where the Office Manager automatically charges the card on file the first business day of each month, or "Pay By Check" -where the parent sends a check or charges their own card on file, however many times a month best fits the family budget. All balances must be paid in full by June 1.

Financial Aid and Scholarships are made available through the generosity of Alumni, community groups, and camp families. No one will be turned away because of an inability to pay for camp. Once the Financial Aid Application has been completed and returned to YCamp along with the appropriate supporting documents, the Scholarship Committee will confidentially review each application and determine the financial aid amount awarded based on need, available funds, and a sliding scale.

Scholarships for families with an actively serving (including National Guard or Reserve) military family member are available. This scholarship is supported through special gifts which covers a one-week tuition at Y Camp, minus the initial deposit. If campers attend a two-week session or LIT program, the family is responsible for covering the remaining balance.

If a prescription(s) is/are ordered, the fee for the prescription(s) will be paid by the camp at the time of retrieving the prescription(s). A corresponding fee will then be added to the campers account. The credit card on file will be charged that fee. See Lice and Bedwetting/Accidents during the day for situational additional fees.

CAMP STORE

The Camp Store is open during Check-In and Check-Out only. Store items include sweatshirts, sweatpants, hats, water bottles, blankets and other items to show your YCamp pride all year long. Please do not leave money with your camper -they will not be able to spend it during the session.

ELECTRONICS POLICY

Being outdoors and at camp is a good excuse to unplug. Cell phones, tablets, handheld video games, and other electronic devices are not permitted at YCamp. When devices are found at Camp, they will be sealed in an envelope with the campers name on it and locked in the camp safe. Items need to be retrieved by families at check-out. YCamp is not responsible for items which are lost, stolen, or broken. Smart watches are only permissible for the use of timekeeping. If a camper is found to be using their smart watch for purposes other than telling time &/or if the device becomes a distraction to the camper &/or others, the device will be stored in the camp safe until parents/guardians arrive for pick-up.

International campers and American campers who are traveling via plane to attend YCamp will have their electronic devices placed in the safe along with their passports, tickets, travel money, etc. when they arrive at Camp. Items will be sealed in an envelope with the campers name on it and kept in the camp safe. The campers cell phones will be returned to the camper the last night of the session, for charging purposes only.

Pictures should be taken to capture the special memories that are created at Camp. Reminiscing warm, summer days help the cold of winter melt away. Cameras (not attached to phones, iPods, or other electronic devices) are permitted and encouraged at Camp. Because not all campers have given photograph permission to camp, campers may be asked to limit the pictures they take in their cabin. Counselors will work with campers to take advantage of perfect photo ops. Misuse of a camera will result in the camera being stored in the camp safe until Check-Out and any inappropriate pictures will be deleted at the discretion of the Administration.

PACKING LIST

The packing list is a good starting point to plan for your camper's YCamp Experience. You know your camper best and can adjust what they bring to Camp based on what they like

to wear, how hot they sleep, how stinky their feet are, and what activities they like to do. This PDF document can be found in your Camp-In-Touch account under 'packing list'.

Luggage is stored under bunks or at the end of beds in cabins. Footlockers (or other large, sturdy box) are great for packing. Large duffel bags or suitcases work, too. Keep in mind that your camper will be storing their belongings in this container for 1 or 2 weeks and accessibility and organization are important considerations. Steer away from sets of plastic draws - they break easily.

When Packing to arrive at Camp, keep bedding and carry-on bag separate from the full luggage. Campers and their families will head to their cabin (after completing check-in) separately from their luggage. The carry-on bag should include the items necessary for the camper to initially get their bunk space set up. Once camper's luggage has been delivered, they will be able to finish getting their space settled.

PLEASE DO NOT BRING:

- Personal Electronics (TVs, radios, cell phones, iPods & music players, iPhones, digital book readers, computers, tablets, game players, smart watches, etc.)
- Valuables
- Expensive cameras
- Jewelry
- Pocket knives
- Guns
- Duct tape
- Hatchets
- Fireworks
- Hair dryer, curling iron, straightening iron, etc.
- Skateboards & Roller Blades.

Please note that Camp is not responsible for lost, broken, or stolen items. If camper's arrive at Camp with valuables, they can be locked in the Camp safe and accessed as necessary and prudent.

The Camp Disco is an evening program held toward the end of each session. There is not a specific, formal dress code. Some campers enjoy dressing up with nice, casual clothes for the evening (a sundress, or khaki shorts with polo).

Every session hosts a Camparet (variety show). Campers and staff members have this opportunity to sing, dance, show a talent, or read a poem. Some groups form during the session and share their talents together. Individual campers will also have the opportunity to get on stage and show their talent. If interested, Campers should consider bringing supplies needed to perform their talent.

LETTERS, PACKAGES, BAGGAGE ... HOW TO GET THEM TO CAMP!

Letters to your camper should be sent to this address:

(Camper's First & Last Name, Boys/Girls Cabin Number)
YMCA Camp of Maine
PO Box 446
Winthrop, ME 04364

If you would like to encourage your camper to write home, include self-addressed and stamped envelopes in their luggage along with some stationary and a pen or pencil. Counselors will remind campers to write home – we cannot guarantee results.

Please do not send food, powdered drinks, candy, chocolate or gum. Food attracts mice, raccoons, skunks and more. All food sent to camp will be discarded. Camp provides

enough food and snacks each day for your camper. Packages larger than a size 10 shoe box will be held, unopened until the parent/guardians claim them at pick-up.

Luggage, Trunks and packages should be sent UPS or FedEx, addressed to the camper. Please notify Camp if you plan to ship luggage so we can keep an eye out.

CAMPANION APP

Through the Companion App, parents are now able to complete forms, make payments in a more user friendly format. Also, while the campers are at camp, the parents can view photos of their campers! Parents can send and receive emails through the Companion App!! Camp Stamps are purchased by parents, in order to write an email to their camper. A border, picture, puzzle, word game, word of the day, etc. can be added to your email. If a response is wanted, just click the button and a blank page with a barcode will be printed for your camper with your email to them. The office manager will print emails daily. The emails will be delivered after lunch with the rest of the mail. It may take a few days for a response to come. Remember -campers have very little down time so they may be resting, making bracelets for friends, reading, or creating new friendships.

ON HOMESICKNESS

Initial letters/emails home might involve strong homesick feelings, especially from first-time campers. If a second unhappy letter is received at home, parents can call camp to discuss their concerns. Families with an unconsolable homesick camper will receive a phone call from Camp Leadership before (we hope) the second letter is mailed home.

Homesickness can be a natural part of the camp experience. Counselors create an atmosphere of belonging and friendship within their cabin. Campers who are not fitting in, having a difficult time adjusting, or otherwise not having fun at camp will receive extra attention from staff members while we work out the issue.

Camp should be a rewarding, fun, growth filled experience for everyone who attends. If a camper is not able to overcome their homesickness after working with counselors, directors, staff, and support from home, further arrangements will be made. Camp should not end up being a negative experience.

Unit Leaders will be in touch with parents as situations arise. We want to work with families to keep the YCamp Experience positive. Parents can often provide insight for their camper which will help us enforce a positive experience. We greatly discourage campers talking with their families while at camp, as we have found this to be counter productive in transitioning into the camp environment and fully submersing the camper in to the YCamp Experience.

FREQUENTLY GIVEN ANSWERS

- Telephones are not allowed for camper use. Any cell phone found will be brought to the office for safekeeping until parents pick up at check-out.
- E-mail is ONLY accessible to campers through the Companion App. Emails are printed and delivered daily with the rest of the mail. Campers do NOT have access to computers or other electronics.
- Snacks are provided daily by Camp; we do not allow food in cabins as it attracts animals. Any food sent to Camp will not be given to your child.
- Tipping the staff individually is discouraged, but we do have a "staff appreciation fund" for special pizza parties, etc. If you wish to show your appreciation, speak with the CEO/Director.

SURVEYS

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While you are on your way home, a survey will be emailed to you. Please take the time during your ride home to talk with your camper about their experience and let us know what you think — both good and bad! By completing the survey, we can continue to improve.

FACEBOOK, TWITTER, TUMBLR, YOUTUBE, INSTAGRAM AND CAMP

The YCamp's position is to discourage camper-staff interactions on social media sites. However, YCamp does maintain its own monitored Facebook page, where campers and staff may keep in contact with each other.

We hope parents can help their campers understand that this allows staff to have "their own space" where they can participate in their private lives, while still giving a public location for campers and staff to communicate.

As a close-knit community, social networks present a special challenge for YCamp during the year. We encourage parents to talk to their children about this issue, and research their own children's internet activities so they can stay informed.

LIT's

Leaders In Training (LIT's) are 15 year old American campers or 16 year old International campers who have the ambition and interest to be a better leader. Registration for the LIT program is done via the Camper Registration. During the two-week session, campers learn about leadership skills (leading with character, group management, and organization) as it pertains to YCamp and "real life." LIT's are evaluated at the end of the session and recommendations are made for participation as a Counselor In Training (CIT) the following summer.

CIT'S

Counselors In Training (CIT's) are 16 year old Americans, or 17 year old Internationals. CIT's are selected from the pool of the previous summer's LIT's. The selected candidate's are invited to apply for CIT Staff Positions. If hired, CIT's are staff members for 3 or 4 weeks at camp to continuing developing their Leadership Skills. There is no charge to participate in this program.

CIT's spend time in cabins and program areas honing their counselor and leadership skills. Informal evaluations are conducted on CIT's throughout their experience and a formal evaluation is completed at the end. Recommendations for hiring will be made to the Director at the end of the summer.

ACCREDITATION AND MONITORING

YCamp is proud to be accredited by American Camp Association (ACA). This is a voluntary accreditation which helps us stay inline with the industry standards of camping. From camper safety and supervision ratios, to Director Qualifications and Mass Site Planning, ACA is a valuable resource we use to provide a program that is safe, enriching, and quality. Learn more: acacamps.org.

YCamp also uses the following groups to set policies, stay up to date with current trends, and help provide a quality experience:

- Redwoods Group
- Maine Summer Camps
- Praesidium
- State of Maine
- Y-USA