



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2019 FAMILY HANDBOOK

OVERNIGHT CAMPS | TEEN ADVENTURES | BGSA
FARM CAMP | HORSE CAMPS



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FROST VALLEY YMCA

More than a place - a life-long experience

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GREETINGS FROM FROST VALLEY YMCA!

We are thrilled that you have chosen us for your summer camp experience. The Frost Valley YMCA staff are looking forward to sharing a safe and fun summer with you. We have designed this handbook to help prepare you and your child for the upcoming summer season. If you have any questions, please call the camp office at (845) 985-2291.

The goal of our Camp Programs is to help participants grow physically, mentally and spiritually within a natural camp setting, while at the same time providing challenging activities for groups, large and small. All programs are run under the guidance of caring, well-trained staff members. Our various camps give children an experience that lasts a lifetime! This experience is grounded in the values of Caring, Community, Diversity, Honesty, Inclusiveness, Respect, Responsibility, and Stewardship.

CELEBRATING DIVERSITY

At Frost Valley, we put special emphasis on striving to hold true to our mission. This mission is important for the growth and development of our campers, and we continually strive to offer equal opportunities for everyone.

PARTNER ORGANIZATIONS

Frost Valley works with partner organizations to bring underrepresented populations to camp. Some of our program partners are: Young Adult Institute, Tokyo YMCA, Ruth Gottscho Kidney Foundation & The Children's Hospital at Montefiore, Boys and Girls Club of Newark, and more.

STAFFING

Frost Valley hires a diverse group of staff from a wide variety of backgrounds and cultures. A large percentage of counselors are also hired internationally from countries all over the world, meaning that campers are exposed to a variety of backgrounds and cultures through their summer camp experience.

OUR MISSION

Frost Valley YMCA is a values-driven organization that fosters youth development, healthy living, and social responsibility through outdoor educational and recreational programs for all.

SCHOLARSHIP PROGRAMS

As a charitable organization, we raise funds throughout the year for camperships that cover the costs of camp for children who would not otherwise be able to attend. To help us give the gift of camp to a child, go to frostvalley.org/donate.

Over \$800,000 dollars is raised annually to help families send their children to camp. We firmly believe that finances should never be the reason a child misses out on a positive camp experience.

CAMP DATES 2019

SESSION 1 Sunday, June 30 - Friday, July 12

HOLDOVER WEEKEND A Friday, July 12 - Sunday, July 14

SESSION 2 Sunday, July 14 - Friday, July 26

HOLDOVER WEEKEND B Friday, July 26 - Sunday, July 28

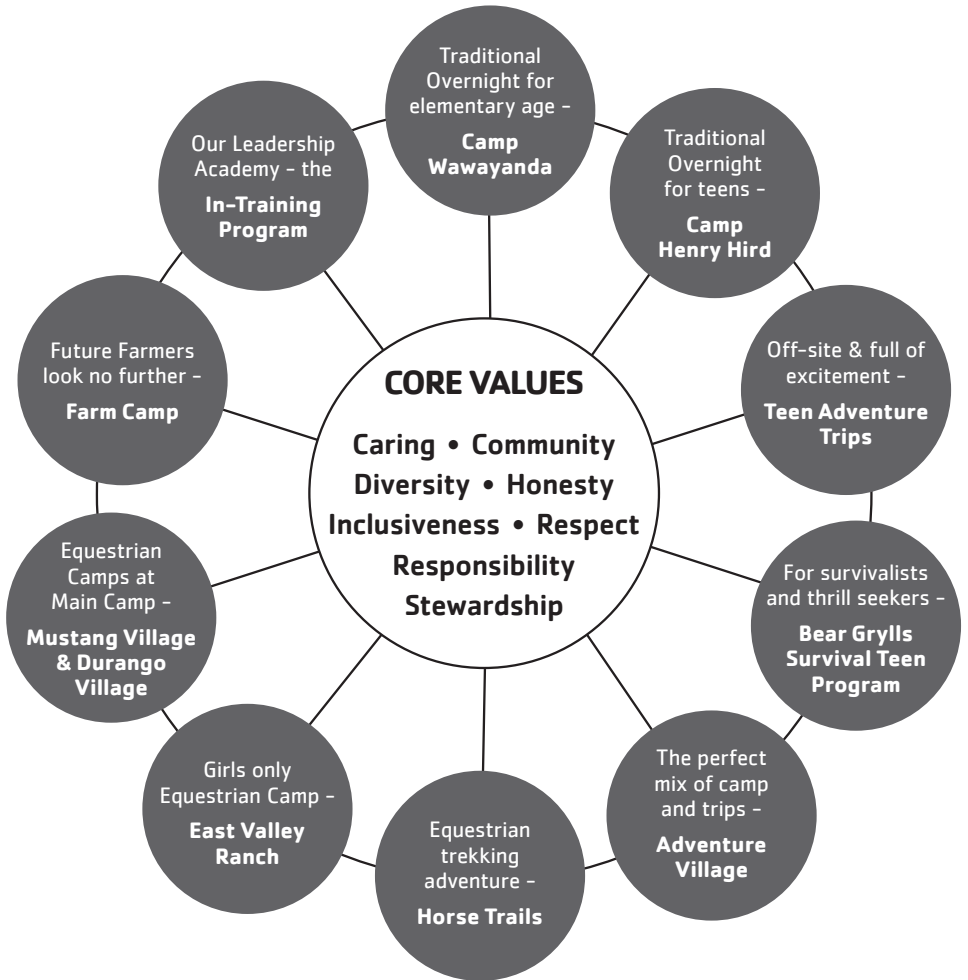
SESSION 3 Sunday, July 28 - Friday, August 9

HOLDOVER WEEKEND C Friday, August 9 - Sunday, August 11

SESSION 4 Sunday, August 11 - Friday, August 23

Find information on New York State charities by calling the Attorney General's Office at 1-800-771-7755 or visit www.CharitiesNYS.com

OVERNIGHT SUMMER CAMP PROGRAMS



ADVENTURE VILLAGE

Sessions 1-4 – For children entering Grades 5-9

This popular specialty village combines the best of traditional overnight camp and adventure trips. Campers choose from many adventure-based activities like rock climbing, canoeing, mountain boarding, outdoor survival skills and more.

BEAR GRYLLS SURVIVAL ACADEMY TEEN SUMMER PROGRAMS

6 one-week sessions starting the first Sunday in July

- For children ages 11-13 & 13-17

This six-day extreme course is led by survival professionals trained by the Bear Grylls Survival Academy. Campers gain dozens of skills as they are put to the test in thrilling survival and endurance scenarios.

CAMP WAWAYANDA

Sessions 1-4 – For children entering Grades 2-7

Specialty Programs: Mainstreaming At Camp, Kidney Camp, Clarke School Partnership

Our traditional overnight camp experience, this camp is where your camper can swim, boat, play games, do archery, hike in the woods, meet friends, share stories and sing songs around a campfire while eating `smores!

CAMP HENRY HIRD

Sessions 1-4 – For children entering Grades 8-10

Specialty Programs: Mainstreaming At Camp, Kidney Camp, Clarke School Partnership

Older campers have wider choices, including extended overnights for backpacking, service projects, big brother/sister events and the excitement of adventure elements like high ropes and the zipline!

FARM CAMP

Sessions 1-4 – For children entering Grades 2-10

Campers live, work and play together on our 515-acre farm! Caring for animals, gardening, crafts and swimming are just a few activities Farm campers get to do.

MUSTANG VILLAGE

Girls Only • Sessions 1-4 – For children entering Grades 2-5 (age 7-10)

A program designed for girls who want to spend more time at the barn and still participate in traditional camp activities. Have your own horse for two weeks, and spend several hours each day riding.

DURANGO VILLAGE

Boys Only • Sessions 1-4 – For children entering Grades 4-8 (age 9-13)

The perfect mix of traditional summer camp & equestrian experience for boys. Designed for every boy who has ever dreamed of being a cowboy.

EAST VALLEY RANCH

Girls Only • Sessions 1-4 – For children entering Grades 5-11 (min age 10)

A horse focused camp for girls that want to spend every day with horses. Have your own horse, and spend several hours each day riding.

HORSE TRAILS

Sessions 2 & 3* – For children entering Grades 7+ (age 13+)

Designed for both boys and girls who want to experience an exciting horse trekking adventure through pristine Catskill Mountain trails. Spend full days exploring nature on horseback and cozy nights sitting by the fire reflecting on the day, making memories with new friends, and sleeping under the stars. *One week only – the last week of each session 2 and 3.

TEEN ADVENTURE TRIPS

Sessions 1-4 – For children entering Grades 6-12

Campers choose from action-based activities, service-oriented trips, and rugged adventure excursions at locations around the United States.

THE IN-TRAINING PROGRAM

Sessions 1-4 – For children entering Grade 10

Previously known as the Counselors-in-Training program, we now have Counselors, Adventurers, Farmers, and Wranglers-in-Training. We develop teens into our future leadership of Frost Valley YMCA.

All of our camping programs foster character development through our 8 core values: Caring, Community, Diversity, Honesty, Inclusiveness, Respect, Responsibility, and Stewardship.

If you need any assistance choosing which camp is right for you, please contact Dan Weir our Director of Camping Services at campdirector@frostvalley.org or 845-985-2291 ext 270 or our Registrars Office at campregistration@frostvalley.org or 845-985-2291 ext 203.

ARRIVING & DEPARTING FROM CAMP

Campers may arrive or depart from camp with their families by car or by using Frost Valley YMCA's bus service (details on pages 8-10).

IF ARRIVING AND/OR DEPARTING BY CAR:

Check-In begins promptly at 2:00 p.m. on the first day of every camp session. Families who arrive early will be asked to wait at the Welcome Center until check-in begins. Campers must remain with their parent/guardian until they meet with their camp counselor. No family vehicles are permitted to drive through camp. Frost Valley staff members are responsible for transporting all camper luggage.

Check-Out begins at 11:00 a.m. on the last day of each session. Families arriving early are required to wait by the camp parking area outside the Welcome Center. At 11, all campers must be signed out by an authorized parent/guardian/adult at the designated checkout area.

PARENT/GUARDIANS ARE REQUIRED TO PRESENT PHOTO ID AT CHECK-OUT.



CAMPERS PICKED UP BY AN ADULT, OTHER THAN A PARENT OR GUARDIAN, MUST BE LISTED ON REGISTRATION FORM AS AUTHORIZED PICK-UP PERSONS, OR PARENT MUST SUBMIT WRITTEN REQUEST PRIOR TO CHECK OUT DAY.

Campers still at camp after 12 p.m. will be supervised by camp staff. There will be a \$40 per hour fee for this after-care service.

FARM & EAST VALLEY RANCH CAMPERS:

Check-in at the Farm and East Valley Ranch starts at 2 p.m. Check-out is from 9-11 a.m. and may include your camper giving you a camp tour.

Parents/Guardians are encouraged to meet and speak with their child's counselor while at camp.

TO ENSURE THE SAFETY OF OUR CAMPERS, WE REQUIRE THAT YOU LEAVE PETS AT HOME.

BUS CAMPERS

Bus service is available from several areas in the NY/NJ area. Please see the Registration Form to select the best location for you and your family. There is a fee of \$80 per camper, each way. Please know that our buses are available on a first come, first served basis. We encourage all families to reserve bus transportation prior to the start of camp. Campers will be supervised by camp staff during travel to and from camp.

CHECK-IN:

This will occur at the bus location with the bus coordinator. All Frost Valley staff will wear a staff shirt to be easily identified. At check-in, campers will learn the name of the camp village to which they have been assigned. Their luggage will be tagged with their full name and village name. Once luggage is processed, campers will be able to load onto the bus. Frost Valley YMCA is not responsible for improperly tagged, lost, stolen or damaged luggage or possessions. A PG-Rated movie may be shown on the bus.

Upon arrival at camp, campers will be checked in by Frost Valley staff and brought up to their lodging. Luggage will be unloaded and delivered to their respective lodges.

NOTE: On check-in day the first meal served will be dinner. Please be sure to feed your child a hearty lunch. On check-out day, the last meal served is breakfast. Campers riding the bus will be given a snack for the ride home.

CHECK-OUT:

This will occur at the bus location with the bus coordinator. All campers must be signed out by an authorized parent/guardian/adult and released by a Frost Valley Staff member from the bus location. Any missing luggage should be reported to the bus coordinator before departure from the bus location.

PARENTS/GUARDIANS ARE REQUIRED TO PRESENT PHOTO ID AT CHECK-OUT.



CAMPERS PICKED UP BY AN ADULT OTHER THAN THEIR PARENT/GUARDIAN, MUST SUBMIT A COMPLETED RELEASE FORM PRIOR TO CHECK-OUT DAY.

Camp staff will supervise campers who are still at the bus location after 3 p.m. until a parent/guardian arrives.

LATE FEE:

There is a fee of \$10 for each five-minute increment after 3 p.m. This fee will be billed to the family to cover costs of staff supervision. Unforeseen camp bus delays—due to late departure, traffic, weather, or other reasons—will result in Frost Valley YMCA making every effort to contact families at their home telephone numbers.

BUS SCHEDULES

PLEASE ARRIVE 30 MINUTES BEFORE CHECK-IN.

BUS NAME	CHECK-IN	CHECK-OUT	ADDRESS/LOCATION
Montclair	10:30 A.M.	2-2:30 P.M.	Montclair High School (George Inness School) N. Fullerton and Chestnut Street, Montclair, NJ
New York City	11:00 A.M.	2-2:30 P.M.	YAI 460 W 34th Street New York, NY
Brooklyn	10:30 A.M.	3-3:30 P.M.	Behind the Whole Foods Market on 3rd Ave and 3rd St. Across the street from 383 3rd Ave (the Al-Madinah School)

A MINIMUM NUMBER OF CAMPERS ARE REQUIRED for each bus location before Frost Valley YMCA can offer bus service to these specific locations. Necessary bus service **changes will be communicated to families via telephone**. Low enrollment at specific locations may result in pick-up and drop-off at alternate bus locations, or in a delay in pick-up or drop-off times for multiple bus locations.

HOLDOVER WEEKENDS

Campers who are registered for two consecutive sessions are eligible to stay at camp for the holdover weekend in between. Limited space is available and campers are registered on a first-come, first-served basis. Campers are supervised by camp staff and enjoy a relaxed weekend camp program. Campers leaving the property with parents or guardians must be signed out and signed back in with a Frost Valley summer staff member. Parents/Guardians please check-in at the Welcome Center. You may visit during holdover weekends from 11:00 a.m.- 5:00 p.m. on Friday, 9:00 a.m.- 5:00 p.m. on Saturday; and 9:00 a.m.- 2:00 p.m. on Sunday. Parents/Guardians are required to present photo ID during visits and to return campers to a holdover staff member when the visit ends.

HOLDOVER FOR ALL PROGRAMS ARE HELD AT THE MAIN CAMPUS AVAILABLE DURING DATES BELOW:

Holdover Weekend A: July 12-14

Holdover Weekend B: July 26-28

Holdover Weekend C: August 9-11

If campers wish to leave Frost Valley with the parent of another camper, that person must be listed as an authorized pick up person on the registration form.

OPTIONAL PROGRAM FEES

PROGRAM	NOTES	FEE (PER CAMPER)
Bus Transportation	Open to all registered campers. Not available for one week camps. Please see Camp Payment Form for details.	\$80 each way
Holdover Weekend	Open to campers registered for BOTH sessions 1&2, 2&3 or 3&4 (see Holdover Weekend description).	\$250
Laundry Service	Available to campers registered for consecutive camp sessions.	\$15 unlimited loads

LAUNDRY SERVICE

Laundry service is available to campers registered for consecutive camp sessions. The cost is \$15 for unlimited loads. Campers are expected to drop off and pick up their own laundry*. Frost Valley YMCA does not hand wash items, and is not responsible for delicate, lost, stolen, or damaged clothing.

***Drop-off on last Friday of session and pick-up on first day of new session.**

CAMP STORE

During their stay, campers will have opportunities to visit the Camp Store. The store carries many items including stamps, postcards, film, disposable cameras, flashlights, toiletries, t-shirts, sweatshirts, hats, shorts, mugs, frisbees and much more!

A store deposit of \$50 is recommended for a two-week session; and an additional \$25 per session is recommended for campers staying multiple sessions. It is not recommended that Adventure Trip Campers & Bear Grylls Campers deposit money to the store account, however, \$30-\$50 is suggested to bring on a 2 week trip; \$25 is suggested for 1 week trips.

TIPPING & GRATUITIES

As a non profit organization and member of the American Camp Association (ACA), we do not expect or accept tipping of our staff. If you appreciate the service your child receives at Frost Valley YMCA, we recommend that you make a contribution (in the staff member's honor) to our **Camp Scholarship Fund**. Contributions may be sent to our camp office, given to a Camp Director, or left at the staff appreciation table at the end of each session. You can also make a gift online at [frostvalley.org/donate](https://www.frostvalley.org/donate)

Find information on New York State charities by calling the Attorney General's Office at 1-800-771-7755 or visit www.CharitiesNYS.com

CAMP FORMS

To encourage the prompt return of all the required camp forms, we are offering a non-refundable \$50 Camp Store Promotion (\$50 one time award, per camper). To qualify, your account must be paid in full by March 31, 2019, and you must return all completed required camp forms (see checklist below) to our office by March 31, 2019 and all completed required medical forms by June 1, 2019. Any illegible or incomplete forms will disqualify you in this promotion.

All qualifying families will be notified in writing of the Camp Store Promotion Award prior to the start of camp. This promotion is non-transferable.

All of these camp forms are **REQUIRED**. Please review the list below. Complete and return all camp forms on or before May 1, 2019

BY MAIL:

Frost Valley YMCA
2000 Frost Valley Road
Claryville, NY 12725

Attn: Summer Camp Registrar

FAX: (845) 985-7925

OR EMAIL: campregistration@frostvalley.org
or campforms@frostvalley.org

CAMP FORMS CHECKLIST:

REQUIRED FORMS:

- Participation Agreement & Refund Policy
(Not required if you registered online).
- CampDocs Health Forms
- Adventure Trips Policies
(Required only for Adventure Village or Adventure Trips)
- Trip Specific Waivers
(Required only for Adventure Village or Adventure Trips)

CABIN GROUPS & ASSIGNMENTS

Cabin groups remain the same throughout Frost Valley YMCA's camp programs. All campers are placed in groups of eight to ten with two staff members assigned to each cabin group. Lodging does vary from group to group. Some campers will live in independent cabins, grouped together in clusters, comprising a village. Some campers will be housed in larger lodges, and others in multiple cabin groups, which share a common area, and also makes up one village. Farm and East Valley Ranch campers stay in Mongolian-style yurts. These round style buildings function just like traditional cabins. Adventure Village stays in platform tents. Adventure Trip campers camp out in tents, divided by gender.

All campers have their own bunk and storage areas for their comfort. Villages at camp are made up of age-specific cabin groups. Frost Valley's program is progressive in nature, therefore the grouping of campers by grade is required.

Making new friends is an essential part of the camp experience and cabin assignments are the key to creating a positive camp environment. Frost Valley YMCA places campers in cabin groups based on the following criteria:

1. An exclusively mutual request made by two campers who are in the same grade (only one request permitted per camper)
2. Age (less than 12 months apart) or grade

If campers more than 12 months apart request to be together, please know we rarely can accommodate, but please feel free to contact us.

Frost Valley YMCA will make every effort to honor special requests for cabin mates, but due to the number of campers registered per session, we do not guarantee placements.

**CABIN REQUESTS MUST BE MADE IN WRITING
BY JUNE 1, 2019 TO BE CONSIDERED.**

CAMP PAYMENT INFORMATION

Full payment of camp tuition and any optional programs are due to Frost Valley YMCA no later than **March 31, 2019**. Frost Valley cannot hold camper registrations if payment is not received on or before **March 31, 2019**. Camp payments can be made by personal check, MasterCard, Visa, American Express, Discover Card, or money order. Checks must be made payable to Frost Valley YMCA. There is a \$25 fee for all returned checks. **On or after September 1, any outstanding balances are subject to a 1.5% monthly finance charge.**

Go to frostvalley.org to pay directly online

Or mail payments to:

Frost Valley YMCA

Attn: Summer Camp Registrar

2000 Frost Valley Road

Claryville, NY 12725

REFUND/CANCELLATION POLICY

- **A full refund less a \$250 deposit (per session, per camper) is available if canceled from April 1-June 1, 2019.**
- **No refunds if canceled after June 1, 2019.**
- **ALL CANCELLATIONS MUST BE RECEIVED IN WRITING.**

CAMP CHANGES

Frost Valley YMCA understands that things change in our lives. Any changes that need to be made to your summer camp plans must be made in writing.

We will try to accommodate these changes based on availability. Please feel free to contact us with any questions.

CONTACT INFORMATION

The camp phone number is (845) 985-2291. When calling, please use the following phone extensions to contact the appropriate person to address any questions or concerns:

WAWAYANDA CAMPERS (GRADES 2-7)	Nick Lomauro, Director nlomauro@frostvalley.org	Ext. 271
HENRY HIRD CAMPERS (GRADES 8-10)	Claire Greenwood, Director cgreenwood@frostvalley.org	Ext. 301
ADVENTURE CAMPERS	Zach Eigenbrodt, Director adventure@frostvalley.org	Ext. 265
BEAR GRYLLS SURVIVAL ACADEMY (BGSA) CAMPERS	Jeff Williams, Director jwilliams@frostvalley.org	Ext. 315
FARM CAMPERS	Nicki Macy, Director farm@frostvalley.org	Ext. 323 (until May) 845-985-0510 (June-Aug)
MUSTANG, DURANGO, EAST VALLEY RANCH, AND HORSE TRAILS CAMPERS	Emily Gorman, Director horses@frostvalley.org	Ext. 240
CAMP ACTIVITIES	Jesse Rafter, Resident Camp Activities Director jrafter@frostvalley.org	Ext. 282
MAIL	Office Manager	Ext. 212 Daily 9 A.M.-5 P.M.
IN CASE OF EMERGENCY	On Call Staff	Ext. 212 5 P.M. - midnight
SUMMER CAMP DIRECTOR	Dan Weir dweir@frostvalley.org	Ext. 270
HEALTH CENTER SERVICES	Dawn D'Auria, Health Care Administrator nurse@frostvalley.org	Ext. 232
REGISTRATION & FINANCIAL ISSUES	Blanche Van Etten, Camp Registration Manager campregistration@frostvalley.org	Ext. 203 Mon-Thu: 9 A.M. - 6:30 P.M. Friday: 9 A.M. - 5:30 P.M. Saturday: 9 A.M. - 5 P.M.

ALL THE ABOVE EXTENSIONS HAVE VOICEMAIL. Camp staff regularly check voicemail messages and will return calls within 24 hours of receipt. Please leave a clear message with your contact information, the best times to call back, and any contact numbers, to better expedite the process.

To receive information about your child, your FIRST contact should be the Camp Directors of Wawayanda, Henry Hird, Farm Camp, Horse Camp, Adventure Camp, or BGSA.

CAMPER COMMUNICATION

CAMPER MAIL

Encourage your child to write to you by including a self-addressed, stamped envelope in their luggage. Receiving notes from home helps to ensure a safe and secure feeling for our campers.

In an effort to encourage letter writing and celebrate unplugging, Frost Valley provides free postcards so that kids can write home to their parents.

Postcards will be pre-stamped and available upon request.

We recommend you send at least four to five pieces of mail each session your child is at camp. Due to our rural setting it can take three to four days to get domestic mail to and from Frost Valley YMCA. Counselors encourage their campers to write home, but they are not forced to do so. Please don't be concerned if you do not hear from your child right away. Please note that mail for Farm Camp and East Valley Ranch campers needs to be addressed to each specific address below:

MAIN CAMP:	FARM CAMP:	EAST VALLEY RANCH:
Frost Valley YMCA 2000 Frost Valley Road Claryville, NY 12725 Attn: Your Child's Name and Village Name/Cabin Number	Frost Valley YMCA Farm Camp 2875 Denning Road Claryville, NY 12725 Attn: Your Child's Name	Frost Valley YMCA East Valley Ranch 21 Straus Lane Claryville, NY 12725 Attn: Your Child's Name

PACKAGES

Non-food items are acceptable to send to campers. Send toys, magazines, books, stickers, and things your child can share with their cabin mates. It is a good idea to send packages early within a given session. Do not send food of any kind. Due to possible food allergy issues, we will not accept food items. Food received will be disposed of promptly.

CAMPER EMAIL & PHOTOS



To email your camper, see photos of them, and read stories of their adventures on our blog, please go to frostvalley.org/connect-to-your-camper

Email service to your campers is FREE! Access to camp photos is also available for free at frostvalley.smugmug.com. A password will be given at a later date. Please visit frostvalley.org for more information. Campers can receive email but do not have any access to the internet, and therefore, cannot respond. Emails are printed out and delivered with the rest of the day's mail at dinner time.

CALLING HOME

Campers are not permitted to use telephones while at camp.

Please DO NOT tell your child they will be able to phone you while here.

Promises such as these can worsen homesickness and cause behavioral issues. [For more information, go to our blog to learn how to address homesickness.](#)

There are several ways to communicate with Frost Valley YMCA during the summer. Please review the list on page 14 to learn how to better use the communications system at Frost Valley YMCA.

There is no cell phone service at Frost Valley. Wireless connections are also not available during the summer. Please do not send your child to camp with a cell phone or wireless device.

Please leave electronics at home. Please see our full policy on Page 25. Please see page 26 about mp3/music devices.

CAMP BEHAVIOR & DISCIPLINE

HATE SPEECH

At Frost Valley, we celebrate diversity and differences whether race, gender, religion, sexual orientations, or anything else. We expect our campers to display the same respect for others. **We take hate speech or harassment very seriously and campers may be subject to disciplinary action.**

DISCIPLINE POLICY

Frost Valley YMCA's discipline policy is designed to help children develop self-control and assume responsibility for their actions. Clear and consistent, age-appropriate rules and limits are established at camp. As in any group activity, inappropriate behavior by one or two children can spoil the experience for the entire group. Staff will deal with normal day-to-day behavior issues using acceptable techniques and approaches, such as:

- Redirecting campers
- Rewarding positive behavior
- Encouraging campers to talk about their feelings
- Role modeling how to speak and interact with campers in a positive manner
- Implementing time out when appropriate

Any disciplinary measure used will relate to the child's specific actions and will be handled in a timely fashion. No physical punishment, humiliation, scare tactics, or controlling measures shall be allowed. Methods associated with food deprivation or extended isolation are not permissible.

WHEN A CHILD'S BEHAVIOR:

- Seriously disrupts group interaction
- Is likely to result in harm to themselves or others
- Is likely to result in property damage
- Involves any physical interaction with campers and/or staff
- Is chronic and/or extreme
- Involves bullying, teasing or emotional taunting of others

It may be necessary to separate the child until he/she is able to regain control and rejoin the group.

If a child's behavior is chronically disruptive, even after reasonable measures have been made to assist the child in adjusting to the camp setting, parents will be contacted by their child's camp director to determine if the child is able to continue at camp. Staff will always work toward developing a cooperative plan of action to maximize a camper's chances of success at summer camp. Frost Valley YMCA believes that an individual program cannot always meet everyone's needs. If disruptive behavior continues, it may be determined that the camper and the program are not necessarily well-suited for each other. **FROST VALLEY TAKES ALL FORMS OF BULLYING SERIOUSLY AND AT A CASE-BY-CASE BASIS.**

At this time the camper may be terminated from the camp program. The following guideline is used for disciplinary action:

FIRST PHONE CALL to parent/guardian:

- Official warning of child's behavior
- Plan of action for camper (warning of possible dismissal if camper continues to exhibit disruptive behavior)

SECOND PHONE CALL to parent/guardian:

- Final warning and/or dismissal from camp program

THIRD PHONE CALL to parent/guardian (if applicable):

- Dismissal from camp program

Frost Valley YMCA and staff reserve the right to immediately send home a camper from the Summer Camp Program. Chronic and/or extreme behavior may warrant dismissal and is at the discretion of the Camp Director.

Campers dismissed from the camp program may not be eligible to return to Frost Valley YMCA camp programs.

**CAMP TUITION IS NON-REFUNDABLE
AND WILL NOT BE PRO-RATED.**

HOMESICKNESS

Homesickness is, above all, a normal and perfectly understandable feeling. It is a natural result of a feeling of separation from home comforts and loved family. It varies in intensity between people of all ages and can manifest itself in very different ways depending on the person. Many campers at a summer overnight camp experience one or two days of mild homesickness in the first couple of days which quickly resolves itself, and only few will experience a prolonged, more intense feeling of missing home.

Homesickness usually displays itself as sadness, crying and mild anxiety about being away from home. This is managed by our trained staff as they know the signs and have many strategies for alleviating these negative feelings, ranging from “get to know you” games, one-on-one conversations, writing letters home, as well as creating an exciting and energetic schedule of activities. You may receive a letter early in the session from your camper relaying strong feelings of homesickness during this transitional period. This is perfectly normal and is nothing to be overly concerned about. If you receive a second letter please feel free to contact your camp director.

Another important element of your camper being away from home is the fact that you will miss them as much as they miss you, and as such it's very important for families to be aware of their own emotions and avoid passing them on to their child. For example, instead of saying “I'm really going to miss you,” say “I'm looking forward to hearing all about the fun you've had when you get home.” If you have any concerns your first point of contact should be the camp director.

Homesickness is only really ever a problem that needs addressing when the negative feelings become so strong that making friends, having fun, sleeping, eating or participating in activities is difficult for the child. In this extreme and rare case the camp director will contact you to work together to resolve the issue.

For more information please contact our camp directors to learn how to address homesickness, watch our homesickness video, or read about homesickness on our blog.

MENTAL HEALTH CONCERNS

Frost Valley's goal is to provide a positive experience for all campers. Anxiety and other mental health issues are a reality for many children and teens. As a licensed NY State children's camp, we are a recreational program. Since mental health evaluation or treatment falls outside of our scope of practice, we are sometimes unable to meet the full extent of a child's needs.

Please know that we do our best to take care of our campers as if they are our own children. If you have a concern about your child's mental health, please reach out to our program directors. We are more than happy to review any concerns you might have. Often we are able to come up with solutions that put you and your camper at ease. If we feel that we cannot provide a successful experience, we might recommend another experience for your child.

We can't reiterate strongly enough: **our goal is to make the camp experience a smooth transition for all.**

We understand that it takes time for campers to settle into the routine of camp. In order to accomplish this, we have hired two Camp Coaches to support social & emotional wellness, coach our campers through the experience, and also assist our staff to best support our campers. These staff members are in the process of working towards degrees and/or qualifications in relevant fields. Our coaches understand the flow of camp and how to assist campers in adjusting to camp life. Communication and consistency are key to creating a positive experience for all campers.

Campers: We want you to feel comfortable speaking to any of our overnight camp staff or the wellness center staff in the event that you should experience anxiety, homesickness, or any other mental health concerns. Your concerns will be kept confidential and will be taken seriously. We understand that because camp is a new environment and may require a period of adjustment. Our goal is to help you have as smooth a transition as possible.

Parents: You know your child best. We want to work with you to give your camper the best experience possible. There's a place on our camp docs form called "Tips for Success" where you can express any information that can help us best support your camper. We are here for you, and you can always reach out to us by phone or email.

HEALTHCARE AT CAMP

We have an experienced medical staff of Registered Nurses, LPN's, EMT's and Advanced First Aid staff with experience in pediatrics, pre-hospital emergencies, and a host of other experience that adds perspective and depth to our medical team. Several nurses are staffed daily from 7am to 11pm, an EMT or Advanced First Aid staff is on duty 24 hours a day for emergencies, and the Healthcare Administrator is also available 24 hours a day. Since Frost Valley does not restrict campers due to their medical needs, our staff is experienced in the management of common childhood illnesses, as well as chronic medical conditions. The Wellness Center offers services for medication administration and management, a clinic for emergency care, and a 15-17 bed climate controlled infirmary for campers who require observation and support for short term illness. In cooperation with Montefiore Medical Center, Frost Valley also offers dialysis during sessions 1 & 2. Our Mainstreaming at Camp program (MAC) in cooperation with the Young Adults Institute allows children and young adults with developmental disabilities to enjoy a traditional camp experience with medication and behavioral support for a variety of developmental differences. Our partnership with the Clarke School allows Frost Valley to serve children who are deaf and can communicate verbally. In addition, a majority of our counseling staff are trained and certified in CPR with AED, Bloodborne Pathogens, Child Abuse and Maltreatment identification, Basic First Aid, Certified First Responder, Wilderness First Aid, or Wilderness First Responder to aid in early detection and intervention with medical emergencies.

IN CASE OF ILLNESS OR INJURY AT CAMP

Our goal is for your child to have an outstanding camp experience by helping them feel better and return to activities as soon as possible when they are sick or injured. In the event your child becomes ill or injured, our team of experienced medical professionals will evaluate and treat your child within the parameters set forth by their primary care physician in the Doctor Permission form. In the event your child's condition falls outside of general supportive care, additional medical support may be sought from a local physician, dentist, orthodontist or Emergency Department. Parents will be notified of all conditions requiring convalescence or observation in the infirmary for longer than 8 hours, emergency care that exceeds basic first aid, visits to the doctor or emergency department, and when the medical staff requires additional information that is not provided on the Health History Form. Payments for the services of an outside provider such as a dentist, the Emergency Room, or medication co-pays are the responsibility of the parent. In the event any treatment recommended by the Emergency Room or Camp Physician is refused, the camper must return to the care of their parents as soon as possible. A Wellness Center Staff Member will contact parents and guardians if your child:

- Remains in the Wellness Center infirmary for more than 8 hours
- Has multiple sick calls for the same illness
- Needs to be evaluated by a Physician
- Is going to be sent to the Emergency Room for evaluation (Campers will always be escorted by a Frost Valley staff member even when being transported via ambulance).
- Obtains an injury to the head, back, eye, or a cut that may leave a scar
- Has a temperature greater than 101.00 (degrees Fahrenheit)
- Needs to be seen by an orthodontist or dentist

The medical team at the Wellness Center is prepared to care for most childhood illnesses. Children who are convalescing in the infirmary are constantly monitored by a nurse and/or nurse's aide. The staff at the Wellness Center may request your camper convalesce at home for illnesses or injuries that would disrupt the campers ability to participate in activities for more than 48 hours, or if the camper is contagious and at risk for infecting other campers.

HEALTH INFORMATION NEEDED FROM YOU

Frost Valley uses "Camp Doc" for all camper medical forms. Once your camper is registered, you will receive an email from Camp Doc with a link to submit your medical forms to us. Please check your email for this link, as Camp Doc applies a late charge for all forms not submitted 2 weeks prior to your camper's session.

For questions or issues using Camp Doc contact help@campdoc.com or call 1-734-636-1000.

PRESCRIPTION MEDICATIONS

Due to the volume of children we host during the summer, the Wellness Center Staff requests that you mail medications or prescriptions at least two weeks in advance. For medications that require special packaging during transport, please contact your local pharmacy to advise you regarding packaging of medications.

Frost Valley provides the following over-the-counter medications or their generic equivalent for occasional use: Tylenol, Motrin, Sudafed PE, Robitussin, Dramamine, Benadryl, Bacitracin ointment, Hydrocortisone cream, Claritin, Zyrtec, Maalox, Imodium, Calamine lotion and Allegra. Please DO NOT send these medications to camp with your camper.

Co-pays must be paid to the pharmacy before Frost Valley can obtain your campers medication. Credit cards may be used for convenience. If Frost Valley is unable to obtain medication as ordered by a physician, the camper must be

returned to the care of their parent or guardian. If the co-pay is a financial hardship, please call the Health Care Administrator at (845) 985-2291, ext 232, for arrangements to be made.

Absolutely no prescription or over the counter medications, supplements, vitamins or topical ointments can be administered without a physicians order, in accordance with NYS Education Law, Title 139, Sec 6902.

All medications sent to camp with your child must be in the original prescription container, or packaging. Outdated medications, pill organizers, or loose medications in containers will not be administered to your child. Please make every attempt to send medications to camp at least two weeks prior to your child's arrival. If your child is arriving by bus, DO NOT pack your child's medication in their luggage. Hand the medication(s) directly to the bus counselor prior to their departure for Frost Valley.

Campers 8 years or older may themselves carry ONLY the following medications with WRITTEN PERMISSION FROM THEIR PHYSICIAN certifying that the minor has been instructed in and is capable in its use, purpose, dosage, administration & effects: Sun block, EpiPen, rescue inhalers, & insulin pumps. (NYS Public Health Law, Section 225, sub part 7-2.8)

UNUSED MEDICATIONS

Bus: Unused medications will be packed in camper's luggage on the last day of camp, and sent home with the camper.

Car: Please pick up unused medications from the Wellness Center.

MEDICATION CHANGES AFTER FORMS HAVE BEEN SUBMITTED

If you need to make any changes to your child's medication information please submit a new medication order with your child's name, date of birth, name of the medication, dose, route of administration, schedule, and physician's signature via the Camp Doc website.

For questions or issues using Camp Doc, contact the Wellness Center at 845-985-2291 ext 225.

**QUESTIONS? Frost Valley YMCA
Healthcare Administrator: 845-985-2291, ext. 232,
or email dauria@frostvalley.org**

PACKING FOR CAMP

A suggested clothing and equipment list is on the back page of this handbook. Your camper can use this list as a repacking guide at the end of camp by taping it into their trunk or suitcase, or by placing it in their duffel bag.

LABEL EVERYTHING!

Even socks and underwear. Use a name tag, laundry pen or permanent marker.

LIMIT YOUR LUGGAGE TO:

- One duffel bag, suitcase or trunk
- A laundry bag
- A sleeping bag is a **MUST** - especially for the overnight camp-out.

SPECIAL SUGGESTIONS

- To make your cabin more comfortable we suggest bringing a favorite stuffed animals, pictures, and a comfy pillow.
- Good shoes are important to safely navigate the mountains and wooded terrain surrounding Frost Valley YMCA. **Open-toed shoes are NOT permitted at camp!** Closed-toed shoes are required.
- Warm clothing for cool evenings!
- All backpacks & luggage should have a **PERMANENT** label inside and out.

Frost Valley YMCA is not responsible for any lost, stolen, or damaged items. WE WILL NOT REPLACE ANY ITEMS.

LEAVE THE FOLLOWING ITEMS AT HOME:

- **DO NOT PACK OR SEND FOOD!** Campers are not permitted to have food in the cabins as it will attract wildlife into the living/camping areas. Frost Valley YMCA provides healthy, plentiful food as well as evening snacks.
- Expensive clothing and jewelry
- Please leave electronics at home. Please see our full policy on Page 25. Please see page 26 about mp3/music devices.

LEAVE THE FOLLOWING ITEMS AT HOME:

- At no time are alcohol, cigarettes, vaping devices, Juuls, illegal drugs, drones, weapons (including pocket and hunting knives) allowed on camp by campers or summer camp staff. These items are considered contraband. Violation of this policy will lead to **immediate dismissal**.
- Please leave personal sports equipment home, including but not limited to bats, hockey stick, skateboards, and scooters. At no time are campers or summer staff allowed to have pets at camp. All summer camp staff cars are to remain locked and parked in the designated staff parking areas while on duty. Lastly, campers may not drive themselves to camp and must arrive with an adult or on a chartered camp bus.

JUULING/VAPING POLICY

It is Frost Valley's policy that Juuls or other vaping devices are forbidden on camp by campers and summer camp staff. These items are considered contraband. If a camper is found with a JUUL or Vape device, they will be subject to immediate dismissal from camp. This Vaping policy is in conjunction with our mission to promote healthy living at camp. As such, camp is also a drug, alcohol, tobacco, and weapon-free zone as well.

TECHNOLOGY POLICY & YONDR POUCH

We are really encouraging our campers to unplug this summer. Please do not send your child with electronics to camp. We are not replacing any lost, missing, or broken electronics since we have warned families not to bring them to camp.

If your camper still arrives with a phone, a digital book reader, or a device that is capable of sending messages, we will be placing them in Yondr pouches until the end of the session. Learn more about Yondr here:

<https://www.veryondr.com/howitworks/>

If they do not fit in a Yondr pouch, we will ask that the camper's parent or guardian pick up the device in person from the camp director's office after Check-In has completed.

If your child needs to bring a music playing device to camp to fall asleep, please see page 26 about mp3/music devices.

FAQ'S:

WHAT IF MY CAMPER WANTS TO TAKE PICTURES?

Frost Valley posts pictures every day. Parents and guardians will receive secure access to our SmugMug account where you can see what your child is doing at camp. You can also send your camper to camp with a digital or disposable camera.

IS MY CHILD ALLOWED TO BRING A PHONE TO LISTEN TO MUSIC TO FALL ASLEEP?

We completely understand that some campers need music to fall asleep at night or to decompress after a long day. You may send your child to camp with an MP3 player. There are inexpensive MP3 players available that allow you to add music. The device cannot have bluetooth or airdrop capabilities.

HOW WILL MY CAMPER STAY IN CONTACT WITH ME?

A big part of the experience is being fully present at camp and gaining responsibility and independence. If a camper wants to contact home, we offer free postcards (postage included) for campers to write home.

HOW OFTEN IS MAIL DELIVERED?

Mail is sorted and delivered daily (when the local post office is open). Mail is delivered to campers by their Village Chief and counselors daily. You can also email your camper with our one-way email system.

WHAT CAN I SEND IN A CARE PACKAGE?

Toys, stuffed animals, cabin decorations, and letters are all great options. We discourage valuable items, which may get lost or broken at camp, and food items are prohibited, as they attract animals.

More information about mail and packages can be found on page 15.



SUGGESTED CAMPER PACKING LIST

(suggested for two weeks)

NOTE:

ADVENTURE TRIPS & ADVENTURE VILLAGE HAVE SEPARATE PACKING LISTS THAT CAN BE FOUND ONLINE AT FROSTVALLEY.ORG

Please pack appropriately for camp. Modest bathing attire is suggested. T-shirts should cover campers midriffs. Closed-toed shoes are required for active camp programs and walking about on rough terrain. Clothing with alcohol, tobacco, drugs, sexual content, or inappropriate language will not be permitted. Frost Valley will provide any sports equipment campers need for activities.

*required item

- | | | |
|--|---|--|
| <input type="checkbox"/> blanket & sleeping bag* | <input type="checkbox"/> 2-3 sweatshirts | <input type="checkbox"/> pencils/pens |
| <input type="checkbox"/> 2 fitted & 2 flat sheets | <input type="checkbox"/> 12 pairs socks | <input type="checkbox"/> toothbrush and paste |
| <input type="checkbox"/> 2 pillowcases | <input type="checkbox"/> hat or cap | <input type="checkbox"/> shampoo |
| <input type="checkbox"/> 1 pillow | <input type="checkbox"/> raincoat or poncho | <input type="checkbox"/> sunblock |
| <input type="checkbox"/> 1 laundry bag* | <input type="checkbox"/> 2 bathing suits | <input type="checkbox"/> water bottle (20 oz.) |
| <input type="checkbox"/> 4 bath towels* | <input type="checkbox"/> hiking shoes/
sturdy shoes
(already broken in) | <input type="checkbox"/> bug spray |
| <input type="checkbox"/> 6-8 shorts | <input type="checkbox"/> sneakers
(2 pairs if possible) | <input type="checkbox"/> 2 pairs pajamas |
| <input type="checkbox"/> 4-5 jeans/long pants | <input type="checkbox"/> soap and soapbox | <input type="checkbox"/> 10 t-shirts |
| <input type="checkbox"/> 1 belt | <input type="checkbox"/> comb/brush | <input type="checkbox"/> 4 long sleeve shirts |
| <input type="checkbox"/> 12 pairs underclothes | <input type="checkbox"/> flashlight* &
extra batteries | <input type="checkbox"/> barn shoes for
farm and horse camp
(if applicable) |
| <input type="checkbox"/> 1-2 heavy
sweater/jacket | <input type="checkbox"/> postcards & stamps
with addresses | <input type="checkbox"/> water shoes |
| | | <input type="checkbox"/> several pairs of jeans
for horseback riding
(if applicable) |

OPTIONAL

(Bring them if you have them)

- camera (inexpensive or disposable)
- musical instrument (inexpensive)
- book (**NOT** digital book readers)
- white t-shirt (or something else to tie dye)