



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2021 FAMILY HANDBOOK

OVERNIGHT CAMPS | TEEN ADVENTURES
FARM CAMP | HORSE CAMPS



2000 Frost Valley Road
Claryville, NY 12725

TEL: 845 • 985 • 2291

FAX: 845 • 985 • 7925

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FROST VALLEY YMCA

Last updated 5-15-21. Please check:

www.frostvalley.org/camp-handbook for the latest updates.

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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.

OUR VALUES

We are guided in this pursuit by our eight core values: **Caring, Community, Diversity, Honesty, Inclusiveness, Respect, Responsibility, and Stewardship.**

CELEBRATING OUR MISSION & VALUES

At Frost Valley, we put intentional emphasis on holding true to our mission and our core values. 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 small percentage of counselors are international staff, meaning that campers are immersed in a community composed of a variety of backgrounds and cultures.

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. 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. To help us give the gift of camp to a child, please visit 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 DATES 2021

- SESSION 1** Sunday, June 27 – Friday, July 9
- SESSION 2** Sunday, July 11 – Friday, July 23
- SESSION 3** Sunday, July 25 – Friday, August 6
- SESSION 4** Sunday, August 8 – Friday, August 20

CAMP FORMS

Please review the list of camp forms below.

Complete and submit forms using one of the following methods:

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 including a section on Tips For Success
- Adventure Trips Policies
 (Required only for Adventure Village or Adventure Trips)
- Trip Specific Waivers
 (Required only for Adventure Village or Adventure Trips)

COVID-19 INFORMATION

PRE CAMP ARRIVAL

Prior to arrival at camp campers will need to complete daily screening questionnaires for 14 days. The questionnaires will be accessible through CampDoc. This is a requirement for attending camp. Campdoc will send reminders, so please read all Campdoc emails. 7 days prior to arrival we ask that campers partake in only low risk activities as explained by the CDC. At check-in all campers will be screened before completing check-in.

All campers will be mailed a lower nasal PCR covid-19 test to be completed 72 hours before check-in. All campers will need a negative result to attend camp. More information about the testing will be sent to you within the upcoming weeks. We are partnering with Grapefruit to provide our Covid-19 testing. Grapefruit will be working with your family's insurance company to cover the cost of the Covid-19 tests under the CARES Act.

ARRIVAL AND DEPARTURE

Check-in: Camper's will be assigned a specific time to check-in between the times of 11-4pm. The check-in process will be done entirely from your car and parents/guardians will not be able to go up to the cabin. We will not be offering any bus transportation to and from Frost Valley in 2021. More details will be shared that are specific to each program.

Check-out: Families will be assigned a time for check-out between 9am-4pm. Campers will meet their parents/guardians with their luggage at the designated check-out area.

WHILE AT CAMP

Daily Screens at Camp: While at camp there will be daily screens. If campers or staff show any signs or symptoms, campers or staff will go to the Wellness Center and be evaluated by the medical staff. If there is cause to test, the Wellness Staff will administer a rapid test and while waiting for results campers or staff will be placed in an isolation room in the Wellness Center.

Testing at Camp: campers will receive a second covid-19 PCR test 3-5 days into the session. Grapefruit will work with your insurance to cover the cost. There will be more detailed information to come.

Masks at Camp: Campers will need to bring 7-10 of their own masks. Masks will be laundered multiple times during a session. As of April 26, 2021 campers and staff will be assigned a household pod who they will be with the entire session. The household pod will be made up of campers and staff who share a sleeping place. When in that household pod campers and staff will not be required to wear masks. When a household pod interacts with another household pod or anyone from outside their household pod masks are required by all whether that be indoors or outdoors.

COVID-19 INFORMATION continued

Covid-19 Case at Camp: If a camper tests positive for Covid-19, their parents or guardians will be notified immediately. The camper then needs to be picked up from camp within 12 hours. While waiting to be picked up the camper will stay in the isolation room and be monitored and cared for by our Wellness Center staff. Campers in adventure trips will receive additional information about what will happen if a camper tests positive for Covid-19.

If a staff member tests positive for Covid-19, that staff member will be moved to the staff isolation area. Depending on where a staff member is from they will either go home or stay at camp in an isolation room and be monitored and cared for by our Wellness Center staff.

If your camper is potentially exposed to Covid-19 while at camp, you will be notified. Campers will be continually monitored for symptoms by both our cabin counselors and Wellness Center staff. The household pod will continue to participate in activities and programming that do not interact with any other campers or non-medical staff. The pod will have their meals delivered to them in their cabin

Programming at Camp: Campers will participate in as much outdoor programming as possible. We plan on rotating through certain programs (waterfront, boating, ropes, archery, etc) to ensure all programs and campers have the opportunity to participate. Any indoor spaces that are used, including cabins and lodges, will have windows open to help with ventilation.

Cleaning at Camp: Staff will be asked to clean high touch surfaces at least twice a day in their living space. Housekeeping staff will continue to clean camp throughout the session. Their focus will be common spaces, dining hall, restrooms, and communal living and program spaces.

INFORMATION ABOUT STAFF

There have been many questions about mandating vaccines. At this time, the CDC has recommended that all camp staff be vaccinated. We expect the New York State Department of Health will make an announcement following the CDC's recommendations. We are asking all staff for their safety and for the safety of campers, to make arrangements to be vaccinated.

For staff on their time off we are encouraging them to stay on site and/or around Frost Valley. For staff who chose to leave camp we ask that they participate in low risk activities such as getting take-out and eating outside. Staff will have spaces on site to enjoy their time off while limiting their interactions with people from outside their household pods.

ARRIVING & DEPARTING FROM CAMP

Campers will arrive and depart from camp with their families by car. Frost Valley will not be offering transportation to or from camp this summer.

CHECK-IN/CHECK-OUT TIME:

Every camper will have an assigned arrival time. This will be the scheduled times at the beginning of each session.

10:00 a.m.		2:00 p.m.	
11:00 a.m.		3:00 p.m.	
12:00 p.m.		4:00 p.m.	
1:00 p.m.			

If families are arriving with multiple campers, please arrive at the later arrival time to avoid having campers wait alone. If there are any questions about your arrival time, please contact your camp director.

Families who arrive early will be asked to wait in their cars until it is their time to check-in. We will ask families to stay in their car throughout the process.

CHECK-IN PROCESS:

Families will need to do the following to check-in:

- Bring copy of their campers Negative PCR Covid Test results
- A screening process with Wellness Staff (this will be done at camp)

CHECK-OUT PROCESS:

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 their assigned pick-up time will be supervised by camp staff. There will be a \$40 per hour fee for this after-care service.

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

ARRIVING & DEPARTING FROM CAMP continued

FARM, EAST VALLEY RANCH & HORSE TRAILS CAMPERS:

Check-in at the Farm and East Valley Ranch starts at 1 p.m. Check-out is from 9-11 a.m. Your family will be assigned a dropoff time and a pickup time.

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

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, Adventure Survival Campers, and Horse Trails 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 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

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. This is subject to change due to the Department of Health guidelines for summer camp and Covid-19. Please see pg 4 for information about household pods. 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 make up one village. Farm and East Valley Ranch campers stay in Mongolian-style yurts. These round buildings function just like traditional cabins. Adventure Village stays in platform tents. Adventure Trip and Horse Trails 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
3. Campers' gender identity

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. Due to the size of the program East Valley Ranch does not take cabin mate requests.

CABIN REQUESTS MUST BE MADE IN WRITING BY JUNE 1, 2021 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, 2021**. Frost Valley cannot hold camper registrations if payment is not received on or before **March 31, 2021**. 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 www.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, 2021.**
- **No refunds if canceled after June 1, 2021.**
- **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	Russel Frisch, Director adventure@frostvalley.org	Ext. 265
ADVENTURE SURVIVAL CAMPERS	Russel Frisch, Director adventure@frostvalley.org	Ext. 265
FARM CAMPERS	Kasey Burns kburns@frostvalley.org	845-985-0510
MUSTANG CAMPERS	Jessie Emmons, Director jemmons@frostvalley.org	Ext. 305
EAST VALLEY RANCH CAMPERS	Megan Cheney, Director mcheney@frostvalley.org	Ext. 348 (until May) 845-985-2254 (June-Aug)
HORSE TRAILS CAMPERS	Katie Taylor ktaylor@frostvalley.org	Ext. 327
CAMP ACTIVITIES	Tyler Katz, Resident Camp Activities Director tkatz@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	Zach Eigenbrodt zeigenbrodt@frostvalley.org	Ext. 270
EAST VALLEY DIRECTOR	Katie Taylor ktaylor@frostvalley.org	Ext. 327
HEALTH CENTER SERVICES	Dawn D'Auria, Health Care Administrator ddauria@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, Adventure Camps, Adventure Survival Camp, Farm Camp, Mustang/Durango, East Valley Ranch, or Horse Trails.

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:

<p>MAIN CAMP AND ADVENTURE TRIPS: Frost Valley YMCA 2000 Frost Valley Road Claryville, NY 12725 Attn: Your Child's Name and Village Name/Cabin Number</p>	<p>FARM CAMP AND SURVIVAL CAMP*: Frost Valley YMCA Farm Camp 2875 Denning Road Claryville, NY 12725 Attn: Your Child's Name</p>	<p>EAST VALLEY RANCH AND HORSE TRAILS*: Frost Valley YMCA East Valley Ranch 21 Straus Lane Claryville, NY 12725 Attn: Your Child's Name</p>
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*Campers on one-week sessions may not receive mail in time due to their shortened stay and delays in rural postal services.

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. To better ensure your camper receives their package before the end of their session, you may send it before the start of camp if you choose.

CAMPER COMMUNICATION

CAMPER EMAIL & PHOTOS

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

Email service to your campers is FREE! Access to camp photos is also available for free at www.frostvalley.smugmug.com. A password will be given at a later date. Please visit www.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 10 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 21. Please see page 22 about mp3/music devices.

CAMP BEHAVIOR & DISCIPLINE

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, emotional taunting of others, or hate speech*

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

***HATE SPEECH**

At Frost Valley, we celebrate diversity and differences whether race, gender, religion, sexual orientation, 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.

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 ON A CASE-BY-CASE BASIS.

At this time the camper may be terminated from the camp program. The following guidelines are 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 PRORATED.

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 ones/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, often due to state regulations about the care we are permitted to provide.

Please know that we do our best to nurture 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 develop processes that put you and your camper at ease. If we feel that we cannot provide a successful experience, we might recommend another option for your child.

We can't reiterate strongly enough: **our goal is to make the adjustment to camp life 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 and 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 taken seriously. We understand that because camp is a new environment, it may require an adjustment period. 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, LPNs, EMTs 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. 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. 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:

- Signs and symptoms of Covid-19
- 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. If a camper tests positive for Covid-19, their parents or guardians will be notified immediately. The camper then needs to be picked up from camp within 12 hours.

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 we need all Camp Doc information completed by June 1st, 2021 to assure pre-camp Covid-19 tests arrive to your household ontime.

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.

PRESCRIPTION MEDICATIONS continued

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 physician's 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.

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 and effects: Sun block, EpiPen, rescue inhalers, and insulin pumps. (NYS Public Health Law, Section 225, sub part 7-2.8)

UNUSED MEDICATIONS

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 last 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 animal, 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 21. Please see page 22 about mp3/music devices.
- 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 sticks, skateboards, and scooters. At no time are campers allowed to have pets at camp. Lastly, campers may not drive themselves to camp and must arrive with an adult.

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.

GRAFFITI POLICY

Frost Valley is lucky and proud to be able to offer over 5,500 acres of land to host our guests and campers. Along with this comes an incredible variety of buildings to stay in. Our maintenance team and program staff work incredibly hard to maintain our facilities. Frost Valley does not tolerate graffiti, destruction, or defacing of any of our facilities. Graffiti or defacement of buildings and facilities can result in fines starting at \$250 or more depending on damage. This is something we take seriously as we want our spaces to be enjoyable for all.

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 22 about mp3/music devices.

FREQUENTLY ASKED QUESTIONS

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 11.

SUGGESTED CAMPER PACKING LIST

(suggested for two weeks)

NOTE:

ADVENTURE TRIPS & ADVENTURE VILLAGE HAVE SEPARATE PACKING LISTS THAT CAN BE FOUND ONLINE AT WWW.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"/> 7-10 masks
(disposable or cloth)* | <input type="checkbox"/> 1-2 heavy
sweater/jacket | <input type="checkbox"/> toothbrush and paste |
| <input type="checkbox"/> blanket &
sleeping bag* | <input type="checkbox"/> 2-3 sweatshirts | <input type="checkbox"/> shampoo |
| <input type="checkbox"/> warm blanket
(for when keeping
windows open at
night) | <input type="checkbox"/> 12 pairs socks | <input type="checkbox"/> sunblock |
| <input type="checkbox"/> 2 fitted &
2 flat sheets | <input type="checkbox"/> hat or cap | <input type="checkbox"/> water bottle (20 oz.) |
| <input type="checkbox"/> 2 pillowcases | <input type="checkbox"/> raincoat or poncho | <input type="checkbox"/> bug spray |
| <input type="checkbox"/> 1 pillow | <input type="checkbox"/> 2 bathing suits | <input type="checkbox"/> 2 pairs pajamas |
| <input type="checkbox"/> 1 laundry bag* | <input type="checkbox"/> hiking shoes/sturdy
shoes (already
broken in) | <input type="checkbox"/> 10 t-shirts |
| <input type="checkbox"/> 4 bath towels* | <input type="checkbox"/> sneakers (2 pairs
if possible) | <input type="checkbox"/> 4 long sleeve shirts |
| <input type="checkbox"/> 6-8 shorts | <input type="checkbox"/> soap and soapbox | <input type="checkbox"/> barn shoes for farm
and horse camp
(if applicable) |
| <input type="checkbox"/> 4-5 jeans/long pants | <input type="checkbox"/> comb/brush | <input type="checkbox"/> closed toe water
shoes (Farm/EVR) |
| <input type="checkbox"/> 1 belt | <input type="checkbox"/> flashlight* & extra
batteries | <input type="checkbox"/> several pairs of jeans
for horseback riding
(if applicable) |
| <input type="checkbox"/> 12 pairs underclothes | <input type="checkbox"/> postcards & stamps
with addresses | |
| | <input type="checkbox"/> pencils/pens | |

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)