



Palomar Family YMCA Summer Day Camp Parents Guide

Palomar Family YMCA, 1050 North Broadway, Escondido, CA 92026
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BEST SUMMER EVER

WELCOME

YMCA Day Camps give your camper an experience that will last a lifetime. Day campers are able to explore creativity, teamwork and leadership in a wide range of adventurous programs that lead to lifelong healthy living. Day camp builds self-confidence, self-esteem and develops values of good character, all while having a ton of fun and making new friends! We are excited that your child will be a part of Palomar Family's YMCA Day Camp this summer! Please feel free to call us or visit our website.

760.745.7490

www.ymcasd.org/palomar

DIRECTIONS TO CAMP



HOURS OF OPERATION

Palomar Family YMCA Day Camp program runs from **9:00am-4:00pm** from Monday to Friday. Extended care is available 7:00am-9:00am and/or 4:00pm-6:00pm. There is no additional charge for extended morning or evening care.

PROGRAM STRUCTURE

Traditional Camps: Campers will rotate through all of our traditional activities during the week. We have extra time built in to get ready, apply sunscreen, cover water safety, and to help campers build responsibility for behavior, belongings, and taking care of equipment.

Specialty Camps:

- Let's Build!
- Game Empire
- Spa Retreat
- YouTubers
- Claymation
- Archery
- Ceramics

CHECK-IN

All campers are checked in at the red tent through the back parking lot. For your child(ren)'s safety, this gate is only open from 7:00am-9:00am and 4:00pm-6:00pm. If you drop off /pick up outside of these hours, please go to our Front Desk for your specific camp to be radioed. We take attendance each day, we would appreciate being notified if your child is going to be absent. **Late Arrivals:** It is imperative that your camper arrives to camp on time, especially, traveling camps. If campers are late, it will be the responsibility of the parent to ensure the camper is safely signed in and arrives safely with his or her designated camp.

LUNCH

Your child will be provided a breakfast and hot lunch, but do still pack two healthy snacks.

BEHAVIOR AT CAMP

Camp is an environment filled with friendship, respect and character development. Our staff will provide positive, realistic expectations for your child. Campers that cannot live within the rules of camp, or are adversely affecting the experience of other children will be dismissed without a refund. Parents are responsible to come to camp and pick up their child.

Parents are every Y's partners in making day camp an outstanding developmental experience for their kids. In order for our campers to get the most out of day camp, we need your help. Knowing that no two campers are exactly alike, we ask that you help us get to know your camper. We encourage you to share with us your ideas, thoughts and any concerns that may help us create an environment that is best suited for your camper.

CHECK OUT

Our program concludes daily at 4pm. Please go to the day camp area to sign out and pick up your camper. Campers staying for extended care are also picked up in the same area. **Early Pick Ups** must be arranged during morning check-in. Please go to the Front Desk to radio your camper, you will then be directed to their location for sign out.

EXTENDED CARE

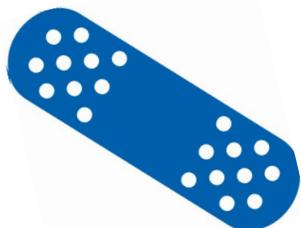
Extended care is included with your registration. You may drop off as early as 7:00am and must pick up by 6:00pm. If children are not picked up by the end of the camp day a fee of \$1 per minute, per child will be charged when camp closes. Every attempt will be made to contact parents or a listed authorized pick-up. If by 7:00pm all contacts are not reachable, and the child has not been picked up, local authorities will be contacted. A late fee will be assessed starting at 6 p.m. according to our clock.

BATHROOM PROCEDURES

All campers will take trips to the bathroom with the entire camp and/or camp groups of at least three campers escorted by camp staff. Campers will only use bathrooms inspected for safety by camp staff.

ELECTRONICS AT CAMP

Camp provides children a chance to live without electronic devices and daily social media. For security, safety, and a number of other reasons, we do not permit cell phones, iPods, computers, electronic games or similar devices. Please do not pack any of these items for your child(ren). If they come to camp, they will be confiscated and held in the office. If you need to speak to your child, please call the camp phone and we will arrange a time that will not disturb their fun day. We are not responsible for damage or loss of any electronics brought to camp.



HEALTH CARE

Allergies: Please note any sensitivities/allergies in your camper/s registration. We will do our best to accommodate the needs of severe allergies. Should your camper/s need to take medication for it during camp hours, please refer to the Medication Section.
Illness: If your child is sick, please do not send them to camp. For illness during camp, campers will rest in the camp office for a brief period, but will need to be picked up if health does not improve. We will call you if your child is out of program for more than one hour (sometimes they are just tired and need to rest!) We will also call you to report any accidents more severe than a simple scratch or bruise. In case of an accident or more severe illness, it is our practice to contact parents immediately. However, if you cannot be reached, we will reach out to the emergency contacts in your registration.

MEDICATIONS

It is important that medications, including non-prescription medications (cough drops, vitamins, etc.), are not packed in your child's bag. All medications are submitted to staff at check in. Prescription drugs must be in the original container with patient's (camper) name and physician's instructions. If there is more than one kind of medication please place the original containers into a Ziploc bag labeled with camper's name. You will be asked to provide complete written directions on dosage and frequency and verify instructions for dispensing your child's medications

SUN PROTECTION

We encourage campers to apply sunscreen before camp in the morning. Campers apply sunscreen multiple times throughout the day. We provide sunscreen, however you can also bring your own as well as your preferred brand. If you choose to bring your own sunscreen, please label it.



DAY CAMP STAFF

We model the YMCA character development values of caring, honesty, respect, and responsibility. We program friendship, achievement and belonging into every activity in camp. Most importantly, we are made up of people who love working with kids. We are creative people with good hearts who are silly enough to sing at the top of our lungs!

All staff have been thoroughly background checked, trained in First Aid/CPR, Child Abuse Prevention, Concussion Protocols

SWIMMING

Please see your camper's camp calendar for specific swim days. Campers who wish to swim must bring a swimsuit, towel, sunscreen, and a change of clothes. All campers are required to take a swim test before swimming in the YMCA pool. The swim test consists of jumping in deep water, returning to the surface, treading water for 60 seconds and swimming 25 yards (the length of the pool) on the surface with rudimentary side breathing. If a camper is unable to pass this test or if a camper chooses not to take the swim test and cannot stand comfortably in the water (water no higher than the armpits), s/he will wear a life jacket in the pool and will stay in the closely supervised shallow end of the pool. In order to keep your camper safe, all campers take the swim test every day.

Extreme Weather

Our camps are designed to operate outside for the majority of each day. In the event of extreme weather, we will do what is best to keep campers safe, by utilizing indoor and/or shaded areas of our facility. This may affect their regularly scheduled activities.

LOST & FOUND

We will make every effort to help your child keep his/her belongings together. However, we are not responsible for lost or damaged items. Please help us and your child by making sure to put names on everything.

Items collected from the day before will be put in bins by the sign in tent. Items that are not collected by the end of summer will be donated.

TRANSPORTATION SAFETY

All campers being transported in camp vehicles must adhere to these Bus Safety Rules:

1. Remain seated at all times.
2. Arms/hands are kept inside the bus.
3. Objects are never thrown or passed through windows.
4. Treat all others with respect & caring.



5. Alert staff if there are any problems.

6. Make a new friend on the way!

Refund Policies

The purpose of our Refund/Voucher/Transfer Policy is to allow the YMCA to maintain quality programs and proper ratios while maintaining flexibility with our members and participants. All requests are subject to director approval and take 3-5 working days for approval.

Before the start date of each camp session:

- 100% voucher or refund (customer's choice) less \$25 deposit.

After the first day of camp:

- 75% voucher or refund (customer's choice) less \$25 deposit.

After the second day of camp:

- \$0 refund or voucher (medical/special circumstances accepted at the Camp Director's discretion)

Vouchers may be used by any member of your family for any YMCA of San Diego County program.

ALL AGES

REQUIRED ITEMS:

- Closed toed shoes
- 2 snacks
- Comfortable clothing for specific camps and weather (ie. Athletic clothes for sports)
- Encourage the use of re-useable water bottle
- Backpack/bag for belongings
- Bathing suit for swim days
- Towel

HIGHLY RECOMMENDED:

- Change of clothes for younger campers

WEBSITE

www.ymcasd.org/palomar

Feedback:

We love to hear from our campers and parents! Camp leadership teams use your feedback to make positive changes to our program. Please feel free to contact Saul Mendoza, the Camp Director at smendoza@ymca.org with any questions, comments or concerns!

