

### YMCA CAMP MARSTON

#### **PARENT GUIDE**

Mailing: PO Box 2440, Julian CA 92036
Physical: 4761 Pine Hills Rd, Julian CA 92036
T: 760.765.0642
nswanson@ymcasd.org ymcasd.org/camps

# WELCOME EXPLORERS, CHALLENGERS, ADVENTURES, PATHFINDERS, LIT's & OWL'S

We are thrilled that you've chosen YMCA Camp Marston for your child this summer. In this Parent Guide many of your questions will be answered. For additional info visit www.ymcasd.org/camps or call the camp office at 760.765.0642.

#### **ARRIVAL SUNDAY**

Please arrive on opening Sunday between 1:00 and 2:30 p.m.

Remember to bring your:

- Admission Form
- Health History Form
- Medications



#### **DEPARTURE FRIDAY Photo ID is required.**

On Friday, our campfire starts at 3:00pm, and we will transition to our awards ceremony at 3:30pm. Afterwards, please stick around for the BBQ at 4:00pm! If you are not attending the campfire, ceremony, or BBQ, we ask that you pick up your camper anytime between 3:30pm-4:30 pm. Photo ID is required for pickup, and any authorized pickups must be listed on your camper's admission form.

#### **DIRECTIONS TO CAMP**

For your mapping program, Camp Marston is at 4761 Pine Hills Road, Julian. We recommend traveling through Ramona on Highways 78 & 67. If you'd like the scenic, windy mountain drive, travel out the 8 Freeway to Highway 79 through Alpine and Descanso.

#### **BUS TRANSPORTATION**

You must register for bus transportation online for each bus trip separately (ie "to camp" and "from camp"). For the bus ride to camp, please arrive at Mission Valley Family YMCA (5505 Friars Rd) at 1:00pm, as the bus departs at 1:30pm. On Fridays, the bus departs camp at 5:00pm, which will place the bus at Mission Valley Family YMCA between 6:00pm-6:30pm. Cost is \$40 each way.



#### **CABIN MATE REQUESTS**

Please know that cabin mate requests must be mutual (other parents must request your child too) with campers in the same program and within 1 year of age and grade of one another. We will do our best to honor these requests provided they are made at least one week prior to the start of camp. Note: Most campers come alone. Making new friends is a big part of the camp experience! We will honor mutual requests, however our ability to accommodate multiple requests is dependent on overall registration. Please contact Nathan Swanson at nswanson@ymcasd.org with your request.

#### **BEHAVIOR AT CAMP**

At camp, we foster an environment filled with friendship, respect and character development. Campers that cannot live within the rules of camp, or are adversely affecting the experience of other children will be dismissed without a refund. Parents are then responsible to come to camp and pick up their child.

## **HEALTH & SAFETY**

#### **HEALTH HISTORY**

This form is required to be handed in on check-in day, complete with parent's signature and medical information. State Health Codes also require Immunizations are up to date. If a child has any severe health conditions, has recently stopped taking a behavioral medication or has recently been under a doctor's care, a physician's authorization is required for camp attendance. If none of these conditions apply, a doctor's physical is **NOT** required.

#### PRE-CAMP HEALTH SCREENING

Please send healthy kids to camp. Upon arrival, we require each family complete a detailed health check verifying your child is healthy and symptom free. If your child is sick and therefore unable to attend camp, we are always willing to transfer them to another session based on availability. Camp staff will facilitate a daily symptom check with each camper. If a child exhibits symptoms, they will be isolated and must be picked up ASAP.

All campers must arrive with proof of a negative COVID-19 rapid at-home antigen test taken within the previous 24 hours. The test must show camper name, date, and time such as a time-stamped picture. If unable to take at home we will have a limited supply available at check-in.

#### **MEDICATIONS**

All medications, including over the counter medications are submitted to health care staff at check in (State Law). Prescription drugs must be in the original container with physician's instructions. If there is more than one kind of medication please place the original containers into a Ziploc bag labeled with camper's name. You will be asked to provide complete written directions on dosage and frequency and verify instructions for dispensing your child's medications during check-in.

#### **INSURANCE**

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

#### MISSING HOME

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

If your child is having a hard time adjusting, we will phone you to seek your support (you are the expert on your child). If needed we will discuss further courses of action.

PLEASE BE SURE TO PROVIDE US WITH COMPLETE EMERGENCY CONTACT INFORMATION.
ESPECIALLY IF YOU ARE TRAVELING OR GOING ON VACATION!



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

Allergies: We are familiar with managing allergies, whether environmental or food-borne. Please note all

allergies clearly on the Health History Form and discuss with camp health staff upon arrival. For

more information contact, Nathan Swanson at nswanson@ymcasd.org.

Illness: If your child is sick, please do not send them to camp. Please contact the call center and we will

try to reschedule their camp session in cases of documented illness. For illness during camp, unfortunately we must enforce a zero-symptom policy. For all other health matters, we will call you if your child is out of program for more than two hours (sometimes they are just tired and need to rest!) We will also call you to report any accidents more severe than a simple scratch or

splinter.

# MAIL CALL & MORE

#### **PHONE CALLS HOME**

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

#### **VISITING DAYS**

We do not allow visiting days during the week, and only allow parents/family to visit on opening and closing days of each session. Coming to camp is a great step in fostering independence, and mid-week family visits can prove to be disruptive to that goal!

#### MAIL

Campers love receiving letters from home while at camp.

**SAMPLE ADDRESS** 

Camper's Name, Session #\_\_\_\_ YMCA CAMP MARSTON Cabin #\_\_ PO Box 2440 Julian, CA 92036

#### ONLINE PHOTO GALLERY & PARENT TO CAMPER EMAILS

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

#### **CAMP STORE**

Good news! The Camp Store will be open on Check-in and Check-out days. Cash and credit card are accepted. The camp store will not be open during the week for campers to go in. We do provide snack every afternoon from our kitchen.

#### **ELECTRONICS AT CAMP**

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

We are not responsible for damage or loss of any electronics brought to camp.

#### **LOST AND FOUND**

We manage lost and found items through the camp session. On check out Friday, be sure to check our display of any unclaimed items. If you discover something is missing upon your return home, call the camp office as soon as possible. After 2 weeks, we will donate any unclaimed items to a local charity.

#### LODGING

The majority of our campers stay in our Camp Marston Lodges. Cabins house 20 campers and each lodge has 4 toilets and 4 showers, all with their own private stall. Adventurers will be staying in the canvas tents. The Pathfinders Village is an exciting opportunity for teens to experience the best of what Camp Marston has to offer. All girl campers will be staying in lodges, while boy campers will be staying in two of our new yurts!

# **EQUIPMENT LIST**

Please mark camper's name on each item. The YMCA is not responsible for lost or damaged personal articles. Please leave valuables at home. Pack old stuff! There's lots of dust and red clay soil at camp. New clothes/shoes will need a good wash when camp ends.

Explorers, Challengers, Adventures, Pathfinders, LIT's & OWL's		
REQUIRED ITEMS:	2 pairs of sturdy sneakers	
Sleeping bag	1 hat or cap with brim	OPTIONAL ITEMS:
Pillow	2 towels	Book, reading materials
2 pairs of long pants	Toiletries: soap, toothbrush,	Stationary, stamped envelopes
5 pairs of shorts	toothpaste, shampoo	Camera
1-2 sweatshirts or jackets	Comb/brush	Sunglasses
5 T-shirts	Lip balm, chapstick	Insect repellent
1–2 swim suits	Sunscreen lotion	Day Pack
6 pairs of underwear	Water bottle or canteen	
6 pairs of socks	Flashlight	

# **ASK YOUR CAMPER!**

Research shows that intentional questions can produce significant learning and performance benefits.

#### PRE CAMP?'s

**Pajamas** 

- What's one new thing you want to try while you are away at camp?
- What's one thing you are most nervous about? How will you handle that situation once you're at camp?

#### **POST CAMP?'s**

- What's something new you tried at camp?
- What's the most surprising thing you learned (about yourself) while you were away at camp?
- What's the one thing that makes you want to go back to camp?
- Tell me about your new camp buddy? Favorite camp counselor?



- Video games
- iPods/iPads
- **Digital Readers**
- Laptops/Tablets
- **Cell Phones**
- Food

- Candy
- **Alcohol**
- Drugs
- **Tobacco**
- Weapons
- **Fireworks**

**Aerosol sprays** 

- Makeup
- Pets
- Offensive materials

## **OWL'S EQUIPMENT LIST**

Our Outdoor Wilderness and Leadership (OWLs) program is a 4 day off camp backpacking adventure that immerses campers ages 14–16 in the natural beauty of Catalina Island. While traversing the island they will get to experience a beautiful and unique landscape while building their leadership skills.

Campers will be hiking the Trans-Catalina Trail, the trail can be steep and arduous. We recommend campers do some day hikes before the trip to prepare themselves for our backcountry journey.

#### **KEY INFORMATION FOR OWLS**

- This is a great introduction for teens to enter the realm of the backpacking. We take their experience on trail very seriously.
- Up to 5 staff members and \_\_ campers will travel to Catalina Island together and complete a 4 day backpacking journey from one end of Catalina to the next.
- Teens will develop independence, leadership, cooking, navigation, and survival skills.
- Campers will challenge themselves to complete the journey while carrying their stuff on their backs. The trail can be challenging and steep. We recommend doing hikes pre-trip to prepare.
- Staff are well trained in group management and have experience leading people in the outdoors.
- Learning to set up their campsites and help prepare/cook their meals is an integral part of the OWL experience.
- Every evening campers and staff will gather and discuss leadership growth, personal goals, and debrief the day/prep for the next day.

### **Outdoor Wilderness Leadership**

#### **REQUIRED ITEMS:**

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	50L	Back	pack*	

Sleeping Bag with Stuff Sack\*

Sleeping Pad\*

Non-cotton clothes for hiking

2-4 Synthetic Shirts

1-2 Athletic/Lightweight pants

1-2 Athletic Shorts

4-5 Light Athletic Socks

1-2 Wool Socks for sleeping (optional)

5-6 Pairs of Underwear

1 pair of warmer pants

1 Jacket (fleece or puffy recommended)

☐ Trail Shoes/Hiking Boots

2 reusable water bottles

Sustainable Toiletries

Sunscreen

Sunglasses

Hat for sun protection

Camp towel

Journal (optional)

Cards or Book

Trekking Poles (optional but encouraged)\*

Tent\*

\*Camp can help provide supplies

Everything must be able to fit into Backpack with room for tent supplies.

### Sample Trekking Itinerary

#### **SUNDAY**

- Check in-1:30 3:30
- Set up Marston Campsite
- Ice Breakers and Name Games
- ABCs of Backpacking
- LNT
- Dinner
- Opening Circle
- Assign Leadership Groups
- Trail Briefing

#### **MONDAY**

- Depart for Ferry in San Pedros (Breakfast on the road)
- Take Ferry to Catalina Island
- Lunch
- Hike to Little Harbor (7 miles)
- Dinner (Staff cook)
- Chats around the Campfire
- Bec

#### **TUESDAY**

- · Pack up camp and Breakfast
- Depart for Black Jack Campground (8.5miles)
- Stop along trail for Lunch
- Continue on to Black Jack Campground
- Set up Camp
- Dinner
- Chats around the Campfire
- Bed

#### WEDNESDAY

- Pack up camp and Breakfast
- Depart for Hermit Gulch (10 miles)
- Stop along trail for Lunch
- Continue on to Hermit Gulch
- Set up Camp
- Dinner
- Chats around the Campfire
- Bed

#### **THURSDAY**

- Pack up camp and Breakfast
- Hike to Avalon (1 mile)
- See the shops
- Take Ferry to San Pedro
- Back to camp
- Rest and Showers
- Skit Prep
- Dinner
- Cabin Bonanza
- Candlelight Ceremony

For more information or questions please email camp@ymcasd.org.



### YMCA CAMPER HEALTH HISTORY FORM

### DO NOT MAIL

Please return form to camp on the day of check-in

Camper Name:					Bi	rth Date:_	//	Age:	Sex:	
Address:	Last	0	First ity:		State:	Zip:		Home Phone:		
Parent/Guardia										
								 Cell:		
Immunization		Are all immuniza					last tetanus sho			
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inability to me or the a in connection with YM programs or activities the YMCA. 3. I agree r the YMCA and its Rele with, the YMCA memb of the foregoing matts such claim in order to surgical diagnosis or the California Medical Prafor costs incurred for mainly from person-tocongregation of any g State, and Local Gover childcare could increas risk that my child and illness, permanent disof myself and others, for any injury to my chor incur in connection discharge, and hold ha or relating thereto. I un occurs before, during, occurs before, during occurs before, our occur	ICA programs or at . I agree that the a not to sue Releaser easees from and agership, use of YMG ers, I shall upon no be defended or increatment, and hos ctice Act on the medical care. 5. Thoperson contact. 4 roups of people of the contact is a point of the contact including, but not I along with my far ability, and death. I including, but not I along with green with gree	owledge that (i) I have read to cument. 2. Except for YMCA or any loss or damage to protivities. YMCA shall not be libove said minor assumes ful so for any loss, damage, injuriants any and all claims and. A facilities and/or participat itce defend the same at my elemnified. 4. I do hereby autipital care which is deemed a dicial staff of any hospital, we novel coronavirus, COVID-ss a result, federal, state, an her than in your own househ he spread of COVID-19; how fimited to, YMCA employees, ding, but not limited to, persendance at YMCA or participanding and representation in any YMCA program. PicA's general publicity and careful such a careful publicity and careful provided that the second care includes to in in any YMCA program. PicA's general publicity and careful provided that the careful publicity and careful provided that the careful publicity and careful provided that the careful publicity and careful provided that the provided provided provided that the provided	pable for any d responsibility y or death de for any d responsibility y or death de for in YMCA p sypense by colorize the YMW (wisable by, ar thether such of 19, has been d local governold. YMCA of ever, YMCA c feeted by COV becoming exp volunteers, ar onal injury, diation in YMCA sentatives, of any Claims ba dottographic W	or death to person, wa amages arising from a of for, and risk of, bodilis scribed above and exc- tens, judgments, penal programs by me, the al unsel reasonably satis CA as agent for the un di st to be rendered ur liagnosis or treatment declared a worldwide ments and federal and San Diego County ("Yh annot guarantee that ting COVID-19. By sig i/ID-19 by attending Yi osed to or infected by d program participant sability, and death), illr A programming ("Claim and from any and all sed on the actions, on l'aiver/consent:  I give !	ny act or neglect of y injury, death or pet for YMCA's groties, attorneys' and over said minor or factory to YMCA a dersigned, to considered at the bandemic by the W state health agen MCA') has put in plyou or your child v injury the said the sai	je or injury resu, if any other mei or fany other mei oroperty damagi oss negligence o d consultants fe any other pers of the person office of the pt orid Health Org cies recommenc ace preventativ ill not become int, I acknowled grams or childca C.A facilities, pro s I voluntarily ay claim, liability, and on behalf o Il liabilities, clair nad on behalf il liabilities, clair ner of YMCA, it the YMCA of Sai	itts from conditions arising wher, occupant or user of e except caused or due to re wilful misconduct, I will eses, expenses and/or liabil on. If any action or procee cooperate with me in such t to said minor, to any x-r of, any physician and sur yiscian or at the hospital, anization. COVID-19 is ear of social distancing and he social distancing and be social distancing and be social distancing and pet the highly contagious nare and that such exposuring and that such exposuring and the social distancing and from the for expense, of any kind, the firm family and children, Ins, actions, suits, damages employees, agents, and ollego County to use my	g upon the YMLA premis the ymcA premis the gross neglige indemnify, protec ities arising out or ding is brought a or expension licensed unce I understand tha ktremely contagio e, in many locatic the Centers for D "urther, attending ature of COVID-1 e or infection may sult from the act oregoing risks an nat I or my child or hereby release, c s, costs or expension representatives picture or other I	racilities or a research of the control of the cont	anant in YMCA misconduct of I hold harmless or in connection by reason of any e first paid any edical, dental, or ions of the s not responsible eved to spread d the ol and Federal, ies, programs or arily assume the sonal injury, ns, or negligence responsibility nay experience to sue, id arising out of VID-19 infection
Signature of F	Parent/Guai	·dian:						Date:	_/	_/

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

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

Health Examination by Licensed Physi	cian			
Child's Name:		Birth Date:	_//	Sex:
Parent's name:				
Because of this camper's medical history, YMCA Camp. Please realize that camp is h very active with strenuous hiking, games,	held at either mountain (4300 feet el	evation) or oceanfro	nt settings. The	programs are
I have examined the child named on this f	form within the past two years.	Date examined:	//	
After examination and my review of his/h camp activities, except as noted below.	er health history, it is my opinion tha	nt this person is phys	sically able to en	igage in
Height:	Weight:		Blood pres	sure:
Is the applicant under the care of a physi	cian for any conditions? 🛭 Yes 🖟 No	Please explair	1:	
Any specific <u>activities to be encouraged</u> o	or <u>limited</u> by physician's advice?			
Any medically prescribed meal plan or <u>die</u>	tary restrictions?			
Any <u>treatment</u> or <u>medications</u> to be conti	inued at camp (please give specific do	osages)?		
Any <u>allergies</u> ? (Food, drugs, plants, insect	ts, etc):			
Additional health information:				
Licensed physician signature:				Date://
Address:	City:		State:	Zip:
Phone:	Date of form completion:	/ /	Bv:	

YMCA Overnight Camps - Marston | Surf | Raintree

PO Box 2440 Julian, CA 92036

T 760 765 0642

E camp@ymcasd.org W http://www.ymcasd.org/camp



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

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AMPER NAME							
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 Parent/Guar	dian Signatu	I <b>re</b> (required	d for camp	admission)	/_ Dat	/_ <b>e</b> mm/dd/yy	
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