





WSY CAMPING SERVICES BRANCH

www.wsymca.org/camps campings@wsymca.org (617) 244-6050 ext.3008 **CAMP CHICKAMI**

Camp Chickami Website
campc@wsymca.org
(508) 358-7000 (summer only)
(508) 358-7001 (Nurse's line)



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Welcome to Camp Chickami, Summer 2024!

Dear Families!

It is with great excitement that we welcome you to the 2024 Camp Chickami summer season! Whether it's your first year or tenth at camp, you may have lots of questions! This packet is designed to help answer those questions.

Attending a day camp is a unique experience, especially in our oasis in Wayland. The weeks will fly by. Friendships that feel old as the trees will take only a few days to form at Camp Chickami, and by the end of the week, many will have made life-long memories.

The sections in this manual are meant to help navigate the summer experience as a camper or the family of a camper. We've packed this manual with as much information as possible. As always though, if you have any questions, please don't hesitate to reach out to our offices and speak with a staff member directly!

We are so excited to have you join us for what is sure to be a memorable 2024 season.

Happy Camping,

Natalia Martinez

Director of Camp Chickami (E) NataliaM@wsymca.org (P) 617-795-1830

Becca Lozinsky

Assistant Director of Camp Chickami (E) CampC@wsymca.org



Year-Round Office and Mailing Address:

West Suburban YMCA Camping Services Branch

276 Church Street Phone: (617) 244-6050 ext. 3008

Newton, MA 02458 Fax: (617) 321-2267 <u>www.wsymca.org</u> <u>campings@wsymca.org</u>

Summer Office Address & Hours:

Camp Chickami

139 Boston Post Road Phone: (508) 358-7000 (office)

Wayland, MA 01778 (508) 358-7001 (nurse)
Campc@wsymca.org

The camp office phone number is **508-358-7000**. From June **24 – September 1 (Monday through Friday)**, there will be a staff member in the camp office from **7:45 AM until 6:00 PM** to answer phone calls. If you reach our voicemail or call outside office hours, please leave a message or send us an email, and we will respond in a timely manner.

Important Dates:

Session Dates		Family Nights	Overnights/Sleep Unders
Opening:	June 24-June 28	Thurs, June 27	None
Session 1:	July 1-July 5 (Camp closed Thurs. 7/4)		Older Boys, Tues, July 2
Session 2:	July 8-July 12	Thurs, July 11	Pines, Tues, July 9
Session 3:	July 15-July 19		Older Girls, Thurs, July 18
Session 4:	July 22-July 26	Thurs, July 25	Younger Kids, Tues, July 23
Session 5:	July 29-August 2		Older Boys, Thurs, August 1
Session 6:	August 5-August 9	Thurs, August 8	Pines, Tues, August 6
Session 7:	August 12-August 16		Older Girls, Thurs, August 15
Session 8:	August 19-August 23	Thurs, Aug 22 (CARNIVAL!)	Younger Kids, Tues, August 20
Closing:	August 26-August 30		None



MEET THE STAFF

The Camping Services Branch of the West Suburban YMCA is here to help you and your family smoothly transition from the school year to the summer. We encourage you to thoroughly read through this family handbook. We have done our best to answer the most frequently asked questions as well as unusual questions that you might not think about asking! Please feel free to contact us with your additional questions. We are here to help!

Staff Contact Information:

TITLE	NAME	EMAIL	EXT
Camp Director	Natalia Martinez	NataliaM@wsymca.org	617-795-1830
Assistant Director	Becca Lozinsky	CampC@wsymca.org	508-358-7000
Camp Registrar	Marie Minardi	MarieM@wsymca.org	617-795-1833
Director of Camping Operations	Keri Wood	KeriW@wsymca.org	617-795-1832
Camping Services General	Marie Minardi	CampingS@wsymca.org	617-795-1833
Camp Office Manager		CampC@wsymca.org	(508) 358-7000
Camp Nurse		CampC@wsymca.org	(508) 358-7001



Information for New & Returning Campers

Whether your camper has been coming to Camp Chickami for several years or is brand new, there may be changes or new information from year-to-year you should know about. This is a brief summary of changes or highlighted items we want to remind you about:

If you have questions or would like additional information, please reach out to Director Natalia Martinez nataliam@wsymca.org or 617-795-1830.

- Any person picking up a camper from camp, a bus stop, or camper care, must enter a Pick-up
 PIN number that is available through your camper's Campsite profile. The PIN number will sent
 to any listed parent/guardian email address on the first day of a new session. Please bring a
 photo ID with you at pick-up as a back-up.
- Same as last year, Camp Chickami will be using CampSite for post-registration paperwork and
 communications. Login information for your camper's Campsite profile will be sent to you in the
 weeks following your registration. Your camper's Campsite profile is the place where you will fill
 out your camper's medical information, parent/guardian contact information, and other
 information needed to make your camper's experience at camp safe and successful. Your profile
 also gives you access to:
 - Your Pick-up PIN number (see above)
 - Sleep Under Permission Slips and other E-Forms
 - Easy access to contact and other information you can update as needed!
- All camp *paperwork* (on CampSite) is **due the Thursday before** a camper's first session.
- Campers must have a \$0 balance for the session they are attending or be turned away. For
 information about payment plan exceptions, please contact the registrar
 (CampingS@wsymca.org).
- Cell phones and electronic devices (i.e. iPods, DS) are not allowed at camp. We have received
 feedback from many families that campers having/using cell phones at camp detracts from the
 camp experience for the whole group. While the staff will do everything in our power to ensure
 that phones are not used by campers at camp, we ask for your cooperation and assistance in
 refraining from sending your camper to camp with their cell phone. If you feel a cell phone is
 necessary, please talk to the director prior to the start of camp.
- Morning bus times are estimated departure times while afternoon bus times are estimated arrival times. Please be early to all stops to help us avoid delays.
- Drop-off at camp for those traveling by car begins at 8:50 AM. Drop-off for morning camper care begins at 8:00 AM for Camp Chickami. Please note there is no AM care at the West Suburban YMCA.
- **Visitors,** with few exceptions, **will not be allowed** to enter Camp Chickami during the camp day. This includes parents/guardians. Anyone arriving late to drop off or early to pick up should call the Main Office (508-358-7000) to inform the staff of their arrival.

THE SAFETY OF OUR CAMPERS AND STAFF IS OUR FIRST PRIORITY.



ABOUT THE WEST SUBURBAN YMCA

Our Mission:

The West Suburban YMCA (WSY) is a charitable organization that welcomes all by creating a community that serves individuals of any age, race, gender, religion, heritage, economic circumstance, or physical ability. We focus on youth development, healthy living and social responsibility to ensure all children, adults and families are healthy, confident and connected.

WSY History:

The West Suburban YMCA was founded in 1877 as the Newton YMCA. After a successful fundraising campaign by Frank A. Day, Sr., the YMCA began construction of a facility at 276 Church Street in 1910 and opened the following year. The YMCA grew gaining new members and adding new programs, including camps. In 1916, Camp Frank A. Day opened as the Newton YMCA's residential camp in East Brookfield, MA. In 1946, Camp Chickami started with sixty boys. In 1948, the YMCA started a day camp at the YMCA facility.

The YMCA has come a long way since then. Women were allowed to join and participate in programs. A new 10,000 sq. ft. gymnasium and multi-lane pool were added on. The former field was converted into an artificial turf field and synthetic track and named the New Balance Track & Field. Plus, more day camps were created to better serve the needs of our members. In the fall of 2016, the West Suburban Y finished a large renovation project to create a new preschool, a new child watch center, a new fitness center floorplan, new cardio space overlooking the pool, and new administrative offices. In 2022 the WSYMCA expanded and opened a second full-service facility to provide our community members expanded access to more programs and services. For decades, our Y Association volunteers, and staff have identified the need to provide affordable access to programs and services on the south side of our large city. Now more than ever, our children, families, and older adults need the Y. The 61,000 square foot facility features four multi-purpose courts for basketball, volleyball, and pickleball, three group exercise studios, state-of-the-art strength and cardiovascular equipment lines, newly renovated locker rooms, Y Work Lounge, a four lane 25-yard lap pool, and child watch center.

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ABOUT CAMP CHICKAMI

Our History:

In 1946, Camp Chickami was established with MDC funds at Riverside. The West Suburban Y started its own day camp in 1948; and in 1955, the Y acquired Camp Chickami and moved it to its current location in Wayland, MA. Today, Camp Chickami sits on just over 22 acres abutting the Wayland Reserve. Where once there was a pond at the heart of Camp Chickami, today sits the famous Mud City. Over the years, campers and staff have established beloved traditions such as Color War, Chowder-Head of the Week, and the end of summer Carnival. Camp Chickami is a traditional outdoor summer day camp through and through. Each morning begins with a camp-wide assembly where the staff make creative announcements about what activities will be offered for the campers to choose from in the afternoon. No other camp offers Ultimate Sneaker, Moustache Parades, or Battle of the Twins as activities. Camp Chickami's rich history and creative traditions give campers the summer-to-summer continuity of a resident camp with all the benefits of a classic day camp experience.

Program Goals:

Our program goals were created to align with the Mission, Vision, and Values of the YMCA of the USA as well as with the unique culture the Camp Chickami community has fostered over the past 68 years. While our primary goal is the safety and overall well-being of our campers and staff, we also hope that campers who attend Camp Chickami—whether for one week or for the whole summer—will experience growth in the following areas:

- Community: Programs at Camp Chickami are tailored to foster the growth of meaningful
 relationships, to build intentional communities, and to empower all campers to contribute to
 the growing culture and history of camp. We hope that every camper feels significant in the
 story of our camp and leaves with friendships that last a lifetime.
- Creativity: Many activities at Camp Chickami are unusual or down right kooky, and we love it!
 Our programs are designed to activate and engage the imaginations of our campers. Big showy
 activities can be amusing, but an active mind will entertain for a lifetime. At Chickami, campers
 are invited to participate in activities like Sneaky Parades, Steve Irwinning, L.A.R.P. activities, and
 more.
- Character: At Chickami, we value diversity. To us diversity includes all aspects of the individual: interests, passions, personality, leadership style, unique social skills, talents, and many other attributes. To foster the development of character, we train our staff to be guides and mentors to our campers, and we offer campers significant choice and autonomy in determining their daily schedule. Our hope is that our campers will discover new things to love at camp, share their interests and values with others, and that our campers will unlock and unleash their best, most authentic selves.
- Respect: In everything our campers and staff do or say at Camp Chickami, our expectation is that it comes from a place of respect. We encourage our campers to respect all members of our community, to respect themselves, and to respect facilities and grounds of camp itself. Our staff members are taught to model that respect in their interactions with campers and each other. Even conflict at camp is navigated through respectful dialogue, clear and logical consequences, behavioral contracts that all parties have equal share in writing, and a restorative justice model that emphasizes our desire for all community members to contribute positively to camp.



Licensing:

Camp Chickami complies with regulations of the Massachusetts Department of Public Health, including Regulation 105 CMR 430.00 Minimum Standards for Recreational Camps for Children, and is licensed by the Town of Wayland Board of Health. According to the Massachusetts Department of Public Health, parents/guardians may request information regarding background checks, health care and discipline policies as well as procedures for filing grievances.

Accreditation:

Camp Chickami is an American Camp Association (ACA) accredited camp, which represents to you that our camp has met or exceeded nationally recognized standards for staffing, programming, health, and wellness.

Staff Qualifications:

Campers are supervised by qualified, trained staff members. Senior counselors are high school graduates, 17 years or older; junior counselors are at least 16 years old. All staff and volunteers have a background free of any conduct that bears adversely upon their ability to provide for the safety and well-being of the campers. All staff complete a thorough orientation prior to the start of the summer which includes training on child abuse prevention, CPR, First Aid, activity planning, and policies and procedures relating to risk management.

Counselor to Camper Supervision Ratios:

Under 7
 7-8 years
 9-15 years
 1 Counselor to 8 campers
 1 Counselor to 10 campers

West Suburban YMCA Special Needs Staffing Plan:

The West Suburban YMCA Camping Services Branch does not operate inclusive camp programs for children with mild to severe disabilities that provides 1:1 service. Families of children with mild to severe disabilities can start a discussion with the West Suburban YMCA Camping Services Branch to evaluate the camper's needs. This discussion will provide the Camping Services Branch with the essential information on the camper and enable them to appropriately asses the child's needs and abilities. Part of the discussion with the family will be the staffing plan at camp and the ratios used to provide supervision. The West Suburban YMCA Camping Services Branch follows the minimum required staff to camper ratios set by the American Camping Association and The Massachusetts Department of Public Health required. The family and the West Suburban YMCA Camping Services Branch will assess if the camp is a proper fit for the child. If the family and the West Suburban YMCA Camping Services Branch decides the campers needs can be met they will be staffed like all other children according to the minimum requirements set by the American Camping Association and The Massachusetts Department of Public Health.

Directions to Camp Chickami (I-95):

Take Rte. 128 (I-95) to exit 26. Follow signs for Rte. 20 West (Weston/Marlboro), and stay on Rte. 20 West for about 4 miles. Look for Jindu Asian Cuisine (formerly Prime Bar Grill) on the left. Camp



Chickami is located on the left just after the restaurant. Look for the Camp Chickami sign. We are located immediately before Temple Shir Tikva.

Directions to Camp Chickami (Route 30):

Take Route 30 (Comm. Ave.) west across the Mass Turnpike. Just past the I-95 overpass, at the light, turn right onto Newton Street. Continue on Newton Street until you reach a fork in the road. At the fork, stay left on School Street (the Weston Public Library will be on your left). Continue until you reach Route 20. Turn left and continue for 2.7 miles until you arrive at Camp Chickami (on your left), located just before Temple Shir Tikva.



PREPARING FOR CAMP

In accordance with the Massachusetts Department of Public Health Minimum Standards for Recreational Camps for Children, Camp Chickami has a health care consultant—a licensed physician, nurse practitioner or physician assistant with pediatric training—that oversee our health care policies and staff training in addition to being available for consultation. All Camp Chickami staff are also certified in First Aid and CPR.

NO CHILD WILL BE ALLOWED TO ATTEND CAMP WITHOUT A COMPLETE HEALTH RECORD

As required by state and local regulations, each camper must submit a complete health record, which includes all of the following:

- 1. A completed **CampSite** profile.
 - CampSite is a fully electronic camp management system used by all of our camps to ensure the best, most personalized care can be given to each camper.
 - After camp registration is completed, an invitation will be sent to families to complete their **CampSite** profile.
 - o CampSite profiles must be 100% complete by the Thursday before a camper's first day.
- 2. Any camper who is not 100% complete may be denied participation in camp activities, barred from attending camp, or unenrolled without refund.
- 3. A Certificate of Immunization (or Vaccine Administration Record) signed by a licensed health care provider that includes evidence of the following vaccines:
 - Measles, Mumps and Rubella (MMR)
 - Polio (IPV or OPV)
 - Diphtheria and Tetanus Toxoids and Pertussis (DTaP/DTB/DT or Td)
 - Hepatitis B AND
 - o A photocopy of the front and back of health insurance card AND
 - A physical examination signed by a licensed health care provider.
- 4. A camp physical performed by a licensed health care provider.
- 5. A **Camper Confidential Form** (The information on this form is only shared with select staff as deemed necessary by the director. It helps us to ensure your camper has a great experience.)

SPECIAL NOTE: No child known to be suffering from a communicable form of tuberculosis is allowed to attend any recreational camp in Massachusetts, including *Camp Chickami*. Parents/guardians are required to list any special limitations or concerns including dietary restrictions, allergies, and chronic health conditions on the camper's Health History Form. This information will only be made available to camp staff and will be used to ensure your child has a safe summer.

If something (i.e. restrictions, medications, conditions, etc.) changes between the date the Health History information is submitted and the time camp begins, please notify the Camp Director of these changes in writing.



What to Bring to Camp:

- Bag or backpack to be carried by your camper throughout the day.
- **Swimsuit and towel:** Please note that either 1- or 2-piece swimsuits are acceptable for campers. We also suggest your camper brings a plastic bag to hold the damp suits after swimming.
- Change of clothes: Packing a clean change of clothes in a marked ziplock is recommended.

Proper Footwear:

- Sneakers: Campers are encouraged to bring appropriate athletic shoes to camp and may be prohibited from certain activities without proper footware.
- Water Shoes: Campers may wear water-shoes that attach securely to their feet around most parts of camp and during most activities.
- <u>Crocs</u>: Campers may wear Crocs at the pool ONLY. Unfortunately, Crocs do not securely adhere to feet and are therefore not appropriate for most camp activites.
- o <u>Flip-flops</u>: Campers may wear flip-flips to the pool only. Even so, we encourage families to select water shoes that cover the toe and heel or attach securely to the foot.

• Lunch: Campers are required to pack their own lunches

- Milk is provided each day at no additional charge to campers.
- o Lunches are stored in bins that campers will not have access to until lunchtime.
- o Camp does not refrigerate or microwave camper lunches.
- o Camp Chickami is **NOT** a nut free camp.
- **Snack:** Please place snacks separate from camper lunches. Campers may eat snack whenever they choose, but may not be able to return to their lunch-bag if their snack is packed incorrectly.
- Water bottles: Campers are very active during the day and need plenty of water. Please send a labeled, refillable water bottle.
- Sunscreen: Extended sun exposure is a concern. Parents/guardians are advised to help their camper(s) apply sunscreen before camp. Reapplication times are marked throughout the day (before/after pool, lunch-time, etc.). Campers are educated and assisted when necessary in the use of bug spray and sunscreen. We also encourage campers to wear hats, swim shirts/rash guards, and other clothing to increase their sun protection factor.
- Bug Spray: Camp's administration does not explicitly advise that campers bring bug spray. We
 do, however, acknowledge that some campers are prone to more extreme reactions to bugbites and do advise families to prepare according to individual needs.
- Reading materials: Campers who choose to, are welcome to read during low intensity activities
 or elective periods.



Lost and Found & Personal Belongings:

We strongly encourage families to label camper belongings with a first and last name. "Sharpie" markers will work on clothing, towels, bathing suits and swim caps alike, but may need to be remarked as the summer moves on. The West Suburban YMCA, Camp Chickami, and its staff are not responsible for lost items or stolen items. Parents/guardians are welcome to search the lost and found area for missing items (on the far side of the Chowder House) outside of normal camp operating hours. We will make every effort to remind your camper(s) to check the lost and found for any missing items. If your camper brings home something that does not belong to them, please return it to the lost and found area or the camper to whom it belongs.

Any items unclaimed by the last day of summer camp will be donated to charity.

Lunch:

All campers are responsible for bringing their own lunch. Lunch is NOT PROVIDED BY THE CAMP. We prefer you pack a nut free lunch due to the potential allergies of other campers; however, we do not require, nor can we guarantee a nut free environment. Lunches should be packed in a labeled, insulated lunch box with an ice pack (as needed) to keep the food fresh. CAMPER LUNCHES ARE NOT REFRIGERATED OR MICROWAVED.

Please do not send glass bottles or containers in your camper's lunch. In the event that a family forgets to send a child with a lunch, a healthy option will be made available. A reimbursement fee may be assessed.

Water Bottles:

Campers must bring a labeled water bottle in their backpacks. Hydration is especially important during the summer when campers are active and outside in the sun. They will be encouraged to drink plenty of water and refill their water bottle throughout the day.

Internet/Technology/Personal Items:

We hire trustworthy, nurturing, and fun-loving staff each summer to ensure that your children have a positive camp experience. We discourage camp staff from communicating with campers, (including emailing, texting, and social media) outside of YMCA programs; and,

in order to keep Camp Chickami a safe and healthy environment for all campers and staff, we prohibit the following items at camp and may confiscate them if found:

- Electronic devices including: handheld games, iPods, and cell phones¹
- Trading cards²
- Other valuables such as money³
- Weapons (real or fake)
- Drugs, alcohol, or related paraphernalia
- Other illicit items

Camp is more fun when campers are able to enjoy all the beauty that Chickami has to offer! Please keep these items at home.



Notes Re: Personal Possessions

¹ Campers are prohibited from using cell phones at camp. Parents/guardians are strongly encouraged to utilize the camp office for regular communications. Phones may be confiscated at the discretion of camp staff (unless otherwise permitted by the Director) and returned at the end of the camp day.

² Camp Chickami does not condone the selling or trading of personal items (e.g. cards, money, or other valuables). Gambling in any form is also prohibited.

³ The West Suburban Y, Camp Chickami, and camp staff are not responsible for lost or stolen items.

TRANSPORTATION & CAMPER CARE

Transportation by Bus

Camp Chickami offers bus service to and from camp. All pick-up and drop-off stops are in Newton. If you would like to take advantage of this service, you must register in advance, as each bus has a limited number of seats. In the morning buses will pick-up campers at the designated areas and bring them to the camp. The bus will pull into the parking lot of Temple Shir Tikva and stop near the entrance of camp. Supervised by the bus captain, campers will then walk down to the camp grounds and meet their group.

In the afternoon, the buses will be waiting for the children in the Temple parking lot. At the end of each camp day, groups are dismissed one at a time to the buses. The bus captains and other counselors will be on the buses taking attendance and making sure that everyone accounted for and appropriately seated. The buses are scheduled to depart camp at 4:00 PM each day. An administrator will also be at the buses to oversee departure. That administrator will remain in constant communication with staff at Camper Care and at the car port pick-up location (in the Camp Chickami gravel lot by the gate). Once all campers are accounted for, the administrator will dismiss the buses.

For a full bus schedule, including estimated times for each stop, see page 34.

The buses on the first day of each session may not match the exact pick-up and drop-off times listed. Times may vary the first day of a session depending upon how many campers are at each stop for each new session and may vary day-to-day depending on weather, traffic patterns, and other variables. We request families arrive ten minutes before scheduled pick-up and drop-off time to help minimize the potential for delays, as the buses cannot wait at each stop.

Notes About Transportation by Bus

- Families are advised to arrive 5-10 minutes early to bus stops.
- To pick up a camper, individuals must be on the authorized pick-up list.
- Anyone picking up a camper from a bus stop or camper care must provide a pick-up PIN number.
- If there is no authorized adult to pick up a camper, that camper will be brought back to the West Suburban YMCA for Camper Care, where they will wait with a Camp Chickami staff member for pick-up. A late fee may apply.
- Campers may walk home from bus stops without an adult present only if a parent or guardian provides "permission to walk home" on that camper's **CampSite** profile. Families may also submit a camper change form or email (CampC@wsymca.org) to provide permission.



- Each bus will have two bus captains and a Camp Chickami sign in the window. Please look for the sign displayed on each bus to ensure your child boards the correct bus.
- In the afternoon, buses travel their morning routes in reverse.
- Campers are required to wear seat belts.
- Due to limited seating on each bus, campers must ride the bus for which they are registered.
 Campers are not allowed to switch buses without advanced notice. Utilizing different stops on the same bus is not an issue. To switch buses, please call or email the camp office at (508) 358-7000 (or CampC@wsymca.org). Please note: Switches are subject to availability
- Routes and schedules are subject to change.
- Requests for bus changes must be submitted by 11am each day.

Notes About Transportation by Car

Drop-off: You may drop your camper off at Chickami starting at 8:45 AM. Please drop off your camper in the Camp Chickami parking lot. Our camp staff will check them in and help them find their group. For information about drop off before 8:50 AM, please see the *Camper Care* section on the next page for more details.

Late Drop-off: If you are dropping your camper off late, please park in the Camp Chickami parking lot and call the Camp Office at 508-358-7000 to let us know you've arrived. A staff member will walk to the parking lot to sign your camper in and bring them to their group. It is critical that campers arriving late are signed in at the office.

Early Pick-up: If you plan to pick up your camper early, please let us know by submitting a Camper Change Form, found on page 30, or by emailing the camp office directly at CampC@wsymca.org or nataliam@wsymca.org. When you arrive to pick up, please call the Main Office (508-358-7000) to inform the staff that you have arrived. A staff member will escort your camper to the parking lot for you to sign them out.

Pick-up: Pick Up by car begins at 4:00pm. If you will be picking up your camper at camp at the end of the camp day, please drive into the Chickami parking lot, remain in your vehicle, and wait in the pick-up line to sign your camper out. Once your camper is signed out, they will be escorted to you. **All authorized pickups must enter their Pick-up PIN number with a Chickami staff member to sign their camper(s) out before leaving.**

Camp staff will release campers only to parents, guardians, or individuals designated by the parent or guardian (permission can be granted on your camper's **CampSite** profile or in writing).

We are unable to accept phone calls to verify the release of campers to individuals.

Please note that our staff is instructed to **always** ask for PIN number to be entered at pick up, even if they recognize the individual picking up a camper. This standardized procedure helps us keep campers safe by minimizing risk during hectic pick-up times. We recommend bringing a photo ID with you each day in case of discrepancies.



Pick-up Times

It is important that the campers are picked up on time at the end of the camp day. Campers must be picked up from their designated locations at the following times:

Camp Pickup	4:00 PM until 4:30 PM
Bus Pickup	See Bus Schedule: pg. 32
Chickami Camper Care Pickup	4:30 PM until 6:00 PM
YMCA Camper Care Pickup	5:00 PM until 6:00 PM

Morning Camper Care

Morning Camper Care at Camp Chickami **begins at 8:00 AM**. Campers may arrive for morning camper care at Chickami between 8:00 and 8:45 AM. No camper will be received before 8:00 AM. See registration form or brochure, or call for details.

There is no Morning Camper Care at the West Suburban YMCA.

Afternoon Camper Care

Afternoon Camper Care is offered at Camp Chickami in Wayland from 4:00-6:00 PM. Campers must be signed out by an authorized adult who presents pick-up PIN number. A snack is provided to campers in afternoon camper care.

Afternoon Camper Care is also offered at the West Suburban YMCA in Newton. Campers attending Afternoon Camper Care at the Y are **required** to register for **afternoon Bus F**. Camper care begins upon arrival of Bus F until 6:00 PM. Campers must be signed out by an authorized adult who enters pick-up PIN number. A snack is provided to campers in afternoon camper care.

Campers not registered for camper care may add the service at the following rates:

Morning Care (at Chickami): \$10/day (\$50 for 3 or more days)
 Afternoon Care (at Chickami): \$20/day (\$80 for 3 or more days)
 Afternoon Care (at YMCA): \$10/day (\$50 for 3 or more days)

Afternoon Care (Family Night): \$10 (offered at Chickami on Family Night Thursdays)

Change of Plans

We understand that plans change from time to time. When this happens, please notify the camp office as soon as possible. If a camper will not be attending camp on a specific day, please call the camp to let us know. For your convenience, you may email (campc@wsymca.org) or call the Camp Office (508-358-7000). We also accept faxed, hand delivered, or emailed Camper Change Forms (found on page 30).

Late Fees:

A late fee may be charged for parents/guardian who arrives after the designated end time of the program. The fee is \$10.00 per child for the first one to ten minutes late. An additional \$1.00 per child



will be charged for each minute late thereafter. The parent is responsible for payment at the time of <u>late pick up</u>. It is required that all children be picked up no later than the times listed above in order to avoid late fees. This late fee is consistent with the late fees of the YMCA's after school program. The Camp Director reserves the right to suspend or dismiss a child from camp if a parent is late to pick up their child on numerous occasions.

Absent Campers

Camp Chickami staff cares about its campers. **If your camper will be absent from camp on a given day, please notify the Camp Office.** If a camper is absent after 9:30 am and there has been no communication by the family to the office that the camper will be late or absent, expect an email or phone call from our office manager or one of our directors.

CAMPER GROUPS AND UNITS

There are 18 groups at Camp Chickami. Guidelines for group placements may be adjusted based on how many campers of a certain age are signed up for a given week. Friend requests and the number of available groups may also play a role in camper placement. Camp Administration do our best to keep campers in appropriate age/grade cohorts, and we are happy to work with campers and their families to make sure that everyone is placed in the group where they feel most comfortable.

Because of these factors, campers' groups may occasionally change from week to week. We will, however, do everything in our power to keep the groups as consistent as possible. While we make every effort to honor at least one friend request from every camper, we are not able to guarantee all requests will be met.

At camp, our groups are subdivided by Unit. There are four Units, each with a dedicated leadership staff to oversee their camp experience: Pines, Younger Kids, Older Girls, and Older Boys. Each unit has their own dedicated sleep-under or overnight.

Note: Camp Administration do their best to keep campers in appropriate age/grade cohorts. The following grade and age pairings are merely guidelines. Grade and age pairings are subject to change on a week-to-week basis based on enrollment.

Pines:

Sugar Pines: Mixed Gender (5-6, entering 1st Grade)
 Pinyon Pines: Mixed Gender (6-7, entering 1st/2nd Grade)
 Ponderosa Pines: Mixed Gender (6-7, entering 1st/2nd Grade)
 Scotch Pines: Mixed Gender (6-7, entering 1st/2nd Grade)
 White Pines: Mixed Gender (6-7, entering 1st/2nd Grade)

Younger Kids:

Willows: Mixed Gender (7-8, entering 3rd Grade)
 Boxwoods: Mixed Gender (7-8, entering 3rd Grade)
 Locusts: Mixed Gender (9, entering 4th Grade)
 Palms: Mixed Gender (9-10, entering 4th/5th Grade)
 Elms: Mixed Gender (10, entering 5th Grade)
 Redwoods: Mixed Gender (10, entering 5th Grade)



Older Boys:

Bamboo: Older Boys (11, entering 6th Grade)
 Oaks: Older Boys (12, entering 7th Grade)
 Hickory: Older Boys (13, entering 8th Grade)
 Sequoias: Older Boys (14, entering 9th Grade)

Older Girls:

Cedars: Older Girls (11, entering 6th Grade)
 Juniper: Older Girls (12, entering 7th Grade)
 Maples: Older Girls (13, entering 8th Grade)
 Magnolias: Older Girls (14, entering 9th Grade)

A DAY OF CAMP

First Day of Camp: What to Expect

On the first day of each session at Camp Chickami, campers who arrive by bus will be greeted by staff who will direct them to their correct group. Campers who arrive by car will be met by staff at the camp entrance. Counselors will be in the assembly area, holding up signs for their groups. When dropping your camper off, please do not leave until they have been signed in by a staff member.

Once all the campers are in their respective groups, the day will begin with a morning assembly which includes a greeting, staff announcements, a Thought-for-the-Day, and a flag-raising. Counselors will then lead get-to-know-you games and ice breakers and will explain camp rules and boundaries. When campers report to the pool for the first time, they will be swim tested to determine which swim level they will be in for lessons. Throughout the remainder of the day, the campers will meet additional staff, tour the camp with their groups, and participate in camp activities.



Daily Schedule – Overview

Non-Pines Campers – The morning consists of four periods, running from 9:30 am-12:30 pm. Each group's schedule will vary daily. Campers will stay with their group and follow their group's morning schedule: activities may include swim lessons, arts & crafts, nature, sports, drama, archery, campsite, and other programs. Campers will then eat lunch with their group from 12:30-1:00 pm. In the morning, Non-Pines campers also sign up for afternoon electives. Campers are encouraged to sign up for their selected activities with a buddy.

Non-Pines Campers – The afternoon consists of 3 periods, running from 1:00-3:30 pm. The campers choose from a variety of creative activities designated by staff each morning. During the course of the week, choices may include free swim, arts & crafts, challenge course, hikes, special activities, various clubs, sporting events, etc. The afternoon choices vary greatly each day. Staff do not dictate campers' afternoon schedules. Camp is brought to a close with an afternoon assembly after electives each day. At afternoon assembly, staff will announce highlights from the day. Campers are then dismissed to their buses, to pick-up, or to Camper Care.

Pines Campers – The morning consists of four periods. Each group's schedule will vary daily. Campers will stay with their group and follow their group's morning schedule: activities may include swim lessons, arts & crafts, nature, sports, drama, archery, campsite, and other activities. Campers will then eat lunch with their group from 12:30-1:00 pm. Campers in the Pines groups do not sign up for afternoon electives.

Pines Campers – The afternoon consists of 3 periods, running from 1:00-3:30 pm. Campers will spend the afternoon with their group and will have modified activities selected and planned by their counselor chosen with input from the group. During the course of the week, choices may include free swim, arts & crafts, hikes, special activities, various clubs, sporting events, etc. The afternoon choices vary each day based on camper interest, group creativity, and counselor skills. Camp is brought to a close with an afternoon assembly after electives each day. At afternoon assembly, staff will announce highlights from the day. Campers are then dismissed to their buses, to the gate for parent pick-up, or to Camper Care.

Daily Schedule - Sample

8:00am	Morning Camper Care at Chickami
	Arrive early and spend time with other campers and the awesome Chickami staff!
8:50am	Campers Arrive by Bus and by Car
	Gather with your group on the Front Lawn or at the Pavilion for attendance.
9:10am	Morning Assembly
	Gather with the camp to raise the flag, sing songs, and hear announcements.
9:30am	Morning Period 1
	Travel to the field and play an exciting, high-energy game of speedball!
10:15am	Morning Period 2
	Stop by the Arts & Crafts building to work on your origami skills!
11:00am	Morning Period 3
	Travel to the Ropes Course for a teambuilding adventure!
11:45am	Morning Period 4
	Cool off at the pool with exciting and instructional swim lessons!
12:30pm	Lunch



	Eat lunch and relax with your group, and sign up for your Afternoon Periods.
1:00pm	Afternoon Period 1
	Hike to the Archery Range and practice your marksmanship!
1:50pm	Afternoon Period 2
	Catch frogs in the depths of Mud City, Chickami's personal wetland habitat!
2:40pm	Afternoon Period 3
	Train with elves and fight with dragons as you go Live Action Roleplaying!
3:30pm	Afternoon Assembly
	Assemble with the rest of the camp for daily recaps, announcements, and more singing!
3:45pm	Dismissal
	Head home on a bus or to your pick-up location to wait!
4:00pm	Afternoon Camper Care and Regular Dismissal
	Head home with an authorized person or stay until 6:00pm, playing cool games and
	exploring camp!

L.I.T. Field Trips:

L.I.T.s can look forward to a trip (perhaps including an overnight) during the second week of the session. More information will be sent out as the date gets closer. We also plan to incorporate a lot of leadership and team building activities into everything we do this summer to prepare you not just to become a camp counselor but to become the best version of you there is. We hope that you will take what you learn into your future, here at Chickami or elsewhere.

- Please label all items with your camper's name. Campers need to bring a lunch, snack, and water bottle on all field trips. All campers need to wear weather appropriate attire, which includes shirts, shorts, and closed toed shoes. Please no flip flops. Please keep an eye on the weather as raincoats or sweatshirts may be appropriate on some days.
- A qualified healthcare staff, who has been trained in medication administration and is 1st Aid and CPR certified will accompany the campers during each field trip. Each group will not exceed the state ratio for field trips. Each group will always have a written list of the campers in their group as well as access to CampSite on all trips. This includes all allergies, medications, parent/guardians, and emergency contacts for the camper. A binder of all emergency procedures as well as a first aid kit will be available on all field trips.
- If a child is injured while on a field trip, the camp director or unit leader will assess the situation. If the camper needs medical attention the YMCA will contact 911. Children are transported to the nearest medical facility, with a Y staff person and a parent/guardian will be contacted with details, ie: hospital location and nature of injury.
- Transportation will be provided by Eastern Bus.



EVENTS AT CAMP CHICKAMI

Family Nights

Parents, guardians, siblings, and all family members and friends are invited to attend Family Nights at Camp Chickami! Family nights are a great opportunity to meet Camp Chickami counselors and staff and to sample some of the activities camp has to offer. Campers must be accompanied by an adult in order to attend. Camp will host **five** Family Nights over the course of the summer. Dates can be found on pg. 4 and on our website: Camp Chickami Website.

Campers registered for Camper Care at the YMCA may switch, at no charge, to Camper Care at Camp Chickami for Family Nights only. Parents/guardians must notify camp of this change by submitting the Camper Change form or emailing the Camp Chickami office (<a href="mailto:campedge-cam

If your camper is not registered for Afternoon Camper Care at either location and you would like your camper to remain at camp from 4:00-6:00 PM until the Family Night begins, the cost is \$10 per camper. Payment must be made at sign-out. Families must contact the Camp Chickami office directly via Camper Change form or email (CampC@wsymca.org) to register for this service, as space is limited.

All campers must be signed out of camper care by an authorized adult no later than 6:00 PM. Campers are not permitted to be at Family Night without adult supervision. Campers who are not signed out prior to 6:00 PM will wait in the office until an approved adult arrives to sign them out. A late fee may be assessed.

The final Family Night each summer is the Camp Chickami Carnival! This year's Camp Chickami Carnival will be held on Thursday, August 22nd, 2024, from 5:30-7:30 pm. Mark your calendars now! Campers and families from the entire summer are invited. Friends and other members of the Y community may also attend. In addition to being a Family Night, Carnival functions as a fundraising event for the Annual Fund and Camp Chickami's scholarships. Food, merchandise, and game tickets will be sold. Thank you for your help in supporting our camp community's annual fund.

Age Group Overnights and Sleep Unders

At Chickami we believe that Sleep Unders and Overnights are a fun and enriching experience for campers. In 2024, we are planning hold weekly Sleep Unders and Overnights throughout the summer. Each week during Sessions 1-8, one of our age-group units will be invited to stay at camp for an extended day or an overnight. Campers attending Sleep Unders must be picked up by 9:00 pm by an authorized pick-up person. Final information on this will be communicated closer to the start of the summer. Only campers in the designated age group who are attending camp during that week's session may attend the overnight or sleep under. Overnight and sleep under dates can be found on page (4) and on our website: Camp Chickami Website. Families must fill out the permission form found on their camper's Campsite profile to register and pay for the event if they wish for their camper to attend.

Overnights begin at 4:00 PM immediately following the departure of buses. All overnights are planned (with a theme) by the Unit Leader and Counselors from that unit. Activities will vary; however, all overnights (weather permitting) will include free swim time. Campers who wish to participate in



overnight but who do not wish to sleep at camp may be picked up no later than 9:00 PM. Families must designate on their camper's overnight form whether the camper will stay the night or be picked up early. Campers attending overnights should pack **2 lunches** the day of the overnight: one for the day of the overnight and one for the day after. A pizza dinner is provided to overnight campers as well as breakfast in the morning. Dietary restrictions will be assessed through each camper's CampSite health profile.

Sleep Unders begin at 4:00 PM immediately following the departure of buses and run until 9:00 PM. All sleep unders are planned (with a theme) by the Unit Leader and Counselors from that unit. Activities will vary; however, all sleep unders (weather permitting) will include free swim time. Campers who wish to participate in the sleep under must be picked up by 9:00 PM by an authorized pick-up person. Campers attending sleep unders only need to pack a single lunch. A pizza dinner is provided to sleep under campers. Dietary restrictions will be assessed through each camper's CampSite health profile.

To contact the Leadership staff member supervising the overnight/sleep under call: **(508) 358-7000.** That number will ring to both the Camp Chickami office phone and to the appropriate leadership staff beginning at 4:00 PM the night of the overnight until 8:00 AM the following morning.

Special Events

Special Events are held the on Fridays following Family Nights. Special event committees of camp staff plan the events, including themes and activities. All themes are announced to campers the day before the Special Event. To help families plan for traditional events such as **Color War**, families will be notified prior to a special event if special clothing or costumes are encouraged. Your help in maintaining the secrecy of special events is appreciated.

Note: Any event may be postponed or cancelled due to inclement weather. Please check http://www.wsymca.org/, call the Camp Chickami office (508-358-7000), or email the camp office at CampC@wsymca.org for updates and announcements regarding inclement weather.

AQUATIC ACTIVITIES

Camp Aquatics Overview

The YMCA Progressive Swim Program is nationally recognized, with each level involving five basic components: personal safety, stroke development, water sports and games, personal growth, and rescue skills. All campers will be evaluated on their first day of class using the water safety system **Test, Mark, and Protect**. Upon completing a swim evaluation, swimmers will be given a red/white, red, yellow, or green swim band. **Red/White** swimmers must stay in the shallow end and wear a floatation device. **Red** swimmers must stay in the shallow end. **Yellow**'s may not pass **the black line**. **Green** band swimmers may swim in all areas of the pool. This ensures that each swimmer is safe and placed at the appropriate level of lessons. Swim levels are as follows:

Swim Level Overview

• **Stage 1** – In this stage, students develop comfort with underwater exploration and introduces basic self-rescue skills.



- **Stage 2** In this stage, students focus on body position and control, directional change, and forward movement in the water and basic self-rescue skills performed independently.
- Stage 3 In this stage, students develops intermediate self-rescue skills performed at longer distances than in previous stages. This stage also introduces rhythmic breathing and integrated arm and leg action.
- Stage 4 In this stage, students are introduced to basic stroke technique in front crawl and back crawl and learn the breast stroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.
- **Stage 5** Students in this stage work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.
- **Stage 6** This stage refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Swim Lessons

Part of what makes Camp Chickami a traditional summer camp is our emphasis on essential skills acquisition: in this case the ability the swim. Swim lessons are mandatory (through a camper's rising 7th grade summer) unless campers are excused by a parent or guardian letter. If a camper does not wish to participate in swim lessons, they may sit out but must remain in the pool area.

Additional Swim Lessons

If you are interested in the possibility of private or continuing swim lessons for your camper, please let us know by emailing us at campings@wsymca.org OR email the aquatics department directly at KellyB@wsymca.org.

Swim Assessments

We anticipate most campers will fall between Level 3 and Level 6 for swim lessons. All lessons will be taught by a combination of Senior Counselors, Junior Counselors, and Aquatics Staff. Swim lessons will be overseen by the Head Lifeguard and Pool Director. Campers will be assessed from week to week, with *promotion* possible at the end of each week by way of staff recommendation.

Free Swim

In addition to swim lessons, campers at Camp Chickami have the option to participate in free swim during the afternoon. Free swim is optional for campers and is typically offered during the 2nd and 3rd elective periods in the afternoon. Based on the camper's swimming level, they may be restricted to certain areas of the pool during for safety. Please note: campers who have not participated in their swim lesson during their morning schedule will not be allowed to choose free swim as an afternoon activity.



OTHER ACTIVITIES AT CHICKAMI

Challenge Course

West Suburban YMCA Challenge Course programs are designed to be age appropriate and well within the capabilities of children in reasonably good health. They incorporate a variety of activities, from games and problem solving initiatives to more strenuous high and low challenge course elements. These activities may be conducted on the ground or at heights up to 50 feet. Our staff facilitates according to the degree of challenge designated by the participant. In this controlled environment, campers are encouraged to think critically, assess situations, manage their emotions, and challenge themselves. Each camper chooses their level participation and challenge in every activity.

The primary goals of the challenge course are:

- 1. To increase the participants' sense of personal confidence
- **2**. To increase mutual support within the group
- 3. To develop an increased level of agility and physical coordination
- **4**. To have fun

There are 8 high-elements on our course. Descriptions of the elements below:

Tree Climb: Is a simple vertical climb up the tree using staples.

Activity: The participant climbs the tree using the staples that are attached to the tree. The climber is then lowered down when they reach the top, or when they feel that they have climbed high enough.

Dangle Duo: This element looks like a giant ladder. The rungs of the ladder consist of four by four boards (usually eight feet in length). The distance between the rungs becomes greater as the climbers move up the ladder. The sides of the ladder are cable. The ladder is suspended from an overhead cable or attached directly to support trees or poles. There is a horizontal belay cable overhead. This element is designed for one or two participants.

Activity: Two climbers work together to climb up to the top rung of the ladder. Participants find out quickly how important it is to help each other and that their success depends on the success of their teammate(s).

Giant Swing: This is a swinging element on which the climber is pulled into the air by their team, then swing after triggering a release from the belay rope. A vertical swing cable is suspended from the middle of the support cables, and a rope lanyard is connected to the swing cable.

Activity: The participant begins the activity suspended from a rope lanyard that is connected to the swing cable. He is pulled from the starting position (near the ground) to the top of the swing arc by a haul line controlled by others in the group. The participant releases themself from the haul system by pulling a small trip cord. Once released, the participant swings down on the swing cable. The amount of swing is determined by the height at which the participant releases themself.

Ships Passing in the Night: Though this element looks simple, it requires concentration and careful teamwork.



Activity: Two participants climb two different trees. Participants start using separate hand ropes (attached at each tree) to stabilize themselves. They meet near the middle, exchange ropes, and continue on to the opposite tree from which they started. In order to succeed they must help and trust each other. This activity is belayed from two separate cables.

Buoy Jump: The Pamper Plank is a platform about twenty-five feet high attached to the side of a tree. A staple climb provides access. Above the plank and off to one side, a target ball is suspended (usually about six to seven feet away). It includes an overhead belay cable above the extended target ball.

Activity: The participant climbs up the tree to the top of the platform. He stands on the platform and dives toward the target ball that is suspended from a cable. The participant tries to hit the target ball with their hand(s).

High Multi-Vine Traverse: This is a traversing element consisting of a foot cable and multiple hand ropes suspended from an overhead cable.

Activity: The goal of the element is to traverse the foot cable using the hand ropes for support. Each rope (or vine) is purposefully positioned just beyond the average reach.

Teeter Totter: The Teeter Totter is a High Ropes element that consists of a series of 4x6x8' logs that are in line and suspended from there center up to an overhead cable. On each end there is a support rope that drops down to the ground for the participant's group to hold on to and pull on in order to assist the participant.

Activity: When the participant steps out onto one end of the log the other end would go up in the air if members of the group below were not assisting by holding that end stable. This is where the members of the group below (on the other end of the rope) pull down to counter balance the weight of the participant and stabilize the log.

Burma Bridge: This element is a three-line bridge consisting of a foot cable and two hand-lines with and overhead belay cable. The two ropes are attached to the start and end trees/poles on the outsides, four feet above and parallel to the foot cable.

Activity: The climber attempts to walk across the foot cable using the two hand lines for support.

Archery

All campers have an opportunity to participate in archery as an activity. Camp archery staff are specially trained in equipment use, maintenance, risk management, and age-appropriate lesson planning. The complexity and difficulty of archery activities are adjusted based on the ages of groups and the proficiency levels of individuals. Staff to camper ratio on the course is 1:10. This does not include the Archery Specialist. All archery equipment is inspected by the instructor throughout the summer.



BEHAVIOR MANAGEMENT AT CAMP

Behavior and Disciplinary Policy

Campers at Camp Chickami are expected to exhibit appropriate behavior. Our goal is to nourish community investment in every camper and counselor that results in behavior that does no harm and benefits all. With that in mind, focused guidance and/or discipline may be necessary at times. Camp Chickami staff will strive to be consistent and base disciplinary approaches upon an understanding of individual needs, safety, group health, and personal development.

In accordance with state regulations, we prohibit corporal punishment, cruel or severe punishment, humiliation, or verbal abuse. Campers will not be punished for soiling, wetting, or not using the toilet. Campers will never be denied food or shelter as a form of punishment.

Disciplinary Progression

- If a camper does or says something inappropriate (i.e. breaks one of the "camp rules"), staff are
 required to speak to the camper about the inappropriate action. Staff must ensure that
 campers are aware of prohibited language and actions before any discipline can occur. We
 stress and highly value learning from mistakes. After the conversation, staff may return
 camper to the group or continue the disciplinary process.
- 2. If the camper exhibits the same or similar behavior a second time, staff must again speak to the camper about the action. Staff may use discretion in asking the camper to take a time out/break and sit in a "thinking spot." Before reintegrating the camper, a staff member will speak to the camper about what happened and about future decision-making. Staff will report recurring incidents. Parents/guardians will be informed.
- 3. If the child continues in a pattern of repeated negative behavior, counselor-staff will refer the camper to the Unit Leader, Assistant Director, or Camp Director. An incident report form will be drafted, and the parents/guardians will be notified. Loss of privileges may occur at this point.

Director Involvement & Dismissal

Depending on the severity of the incident, the following may occur: timeout/break (until the camper shows that they are ready to rejoin the activity), revoked privileges, a call to parents or guardians, suspension for the remainder of the day, and/or termination from camp. Campers dismissed from camp for disciplinary reasons are not given refunds.

The Camp Director reserves the right to dismiss any camper in the event that their behavior compromises or threatens to compromise their personal safety, the safety of other campers or the safety of camp staff. In the event that the Camp Director feels they must dismiss a camper, the situation will be discussed with the camper's family.



Other Situations Warranting Intervention

Minor Disciplinary Incidents:

- Minor rule infractions
- Temper tantrums
- Disagreements
- Teasing
- Inappropriate language or subject matter
- Pushing or shoving
- Inability to keep hands to oneself
- General disobedience

Major Disciplinary Incidents:

- Excessive repetition of minor incidents
- Fighting or bullying
- Repeated disrespect for others
- Vandalism
- Endangerment
- Interference with group cohesion
- Acts of violence
- Running away

Prevention of Abuse and Neglect

Members of Camp Chickami's staff are mandated reporters. All staff are required to immediately report any suspected child abuse or neglect to the Camp Director. S/he will immediately report suspected abuse or neglect to the Massachusetts Department of Children and Families and notify the Board of Health if a 51A report alleging abuse or neglect of a child while in the care of the recreational camp for children or during a program related activity is filed.

West Suburban Y staff, including staff of Camp Chickami, will cooperate in all official investigations of abuse and neglect alleged to have occurred at Camp Chickami or which may have occurred elsewhere but of which staff might have knowledge, including identifying parents/guardians of campers currently or previously enrolled in the camp who may have been in contact with the subject of the investigation. The Camp Director will ensure that allegedly abusive or neglectful staff persons do not work directly with campers until the Massachusetts Department of Children and Families investigation is completed.

Protecting Our Community

The West Suburban Y and Camp Chickami take seriously our responsibility to protect children in our community. We further acknowledge that it is against the law for a mandated reporter to neglect reporting known or suspected abuse of a child. As such, staff education and training in the prevention and reporting of abuse and neglect is among our highest priorities.

HEALTH CARE AT CAMP

Camp Nurse

A nurse or other highly training health professional is on duty every day at camp. Opening and Closing sessions may have a designated Health Supervisor in lieu of a nurse. Campers should "check-in" medications with the nurse on their first day of camp. Medications will be returned on a daily or weekly basis, as requested. If no specific request is made regarding the return of medications, all medications will be returned on the camper's final day of camp. Questions about health care at camp prior to the



start of the camp season may be directed to the Camp Director Natalia Martinez nataliam@wsymca.org. During the camp season, you may contact the nurse directly at: (508) 358-7001 or CampC@wsymca.org.

Administration of Medication

If your camper requires prescription medication while at camp, the medication <u>must</u> be in the original prescription container. All over-the-counter medications for campers <u>must</u> be kept in the original containers, which shall include the directions for use and will be given under the specific directions of a licensed prescriber.

If your camper's medications have changed since the time you submitted the Health History Information, you <u>must</u> provide written notice (through email or your CampSite portal) and permission for camp staff to administer the medication to the camper. This note <u>must</u> include the medication name, dosage, time to be given, and dates to be given. If your child's medications have <u>not</u> changed since the time you submitted the Health History Information, you do not need to do anything further.

All medication will be stored with a double-locked mechanism to ensure the safety of campers and their medications. Access to medication storage cabinets will be restricted to the nurse and the camp director (or in absence of the director the assistant director.)

Parents should include all medications and relevant information on the campers health history form in CampSite. When no longer needed, medication will be returned to a parent or guardian. If the medication is not collected by September 3rd, 2024 it will be destroyed.

Campers Carrying Medication

Older Campers are permitted to carry their inhalers, epi-pens, and other emergency medications if necessary. To do so, families must provide the camp nurse with a letter giving their consent and allow the nurse to inspect the medications at the start of the week. If not deemed necessary by the camper's family, inhalers will be kept with the other medication in the nurse's office.

Leftover Medications

When no longer needed or exhausted, medications will be returned to a parent or guardian. If the medication is not collected by September 3rd, it will be destroyed.

Infection Control

Day camps run by the West Suburban YMCA have measures in place to prevent the spread of communicable diseases. We follow exclusion policies for serious illnesses, contagious diseases, and reportable diseases in conformance with the regulations and recommendations set by the Division of Communicable Disease Control, Department of Public Health. Procedures do include the notification of all parents/guardians in accordance with Department of Public Health recommendation.



Mildly III Campers

All campers and staff are continuously exposed to each other's germs. Campers and staff are encouraged to properly wash and dry their hands. Everyone is instructed to wash their hands before and after eating and after toileting (or diapering).

We ask families not to send their camper(s) to camp if sick or contagious. If a camper becomes ill during camp with any of the symptoms of COVID-19 including: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body ache, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea the child will be isolated. The parents, guardians, or emergency contacts will be called immediately to come and pick up the ill camper. Families are asked to keep ill campers from returning to camp until the camper has gone a full 24 hours without vomiting or a fever.

Emergency Health Care

In the event that your child is seriously injured while at camp, they will be transported to Newton Wellesley Hospital (617-243-6000, 2014 Washington Street, Newton) or to the Children's Hospital Boston (617-355-8811, 300 Longwood Ave, Boston). A staff member will accompany the camper via ambulance and the parent/guardian will be notified immediately.

If any health related forms or information are incomplete or missing, they must be submitted or completed before leaving your child in our care. In the event of a medical emergency, our staff will consult the health history and medical records provided for the camper. Without that information, campers are at unnecessary risk. If a camper arrives at camp without all the necessary forms and information, we will call a parent or guardian to pick them up. You may not be notified for smaller/minor cuts and scrapes. Anything more serious you will be notified by the camp via email, phone or both that day.

Information About Meningococcal Disease

(Information Provided by the Massachusetts Department of Public Health in accordance with M.G.L. c.111, s.219 and 105 CMR 430.157(C).)

What is meningococcal disease?

Meningococcal disease is caused by infection with bacteria called Neisseria meningitidis. These bacteria can infect the tissue (the "meninges") that surrounds the brain and spinal cord and cause meningitis, or they may infect the blood or other organs of the body. Symptoms of meningococcal disease can include fever, severe and constant headache, stiff neck or neck pain, nausea and vomiting, and rash. In the US, about 350-550 people get meningococcal disease each year and 10-15% die despite receiving antibiotic treatment. Of those who survive, about 10-20% may lose limbs, become hard of hearing or deaf, have problems with their nervous system, including long term neurologic problems, or have seizures or strokes.

How is meningococcal disease spread?

These bacteria are passed from person-to-person through saliva (spit). You must be in close contact with an infected person's saliva in order for the bacteria to spread. Close contact includes activities such as kissing, sharing water bottles, sharing eating/drinking utensils or sharing cigarettes with someone who is infected; or being within 3-6 feet of someone who is infected and is coughing and sneezing.

Who is most at risk for getting meningococcal disease?



People who travel to certain parts of the world where the disease is very common, microbiologists, people with HIV infection and those exposed to meningococcal disease during an outbreak are at risk for meningococcal disease. Children and adults with damaged or removed spleens or persistent complement component deficiency (an inherited immune disorder) are at risk. Adolescents, and people who live in certain settings such as college freshmen living in dormitories and military recruits are at greater risk of disease from some of the serotypes.

Are camp attendees at increased risk for meningococcal disease?

Children attending day or residential camps are not considered to be at an increased risk for meningococcal disease because of their participation.

Is there a vaccine against meningococcal disease?

Yes, there are 2 different meningococcal vaccines. Quadrivalent meningococcal conjugate vaccine (Menactra and Menveo) protects against 4 serotypes (A, C, W and Y) of meningococcal disease. Meningococcal serogroup B vaccine (Bexsero and Trumenba) protects against serogroup B meningococcal disease, for age 10 and older.

Should my child or adolescent receive meningococcal vaccine?

That depends. Meningococcal conjugate vaccine (Menactra and Menveo) is routinely recommended at age 11-12 years with a booster at age 16. In addition, this vaccine may be recommended for children with certain high-risk health conditions, such as those described above. Otherwise, meningococcal vaccine is not recommended for attendance at camps.

Meningococcal serogroup B vaccine (Bexsero and Trumenba) is recommended for people with certain relatively rare high-risk health conditions (examples: persons with a damaged spleen or whose spleen has been removed, those with persistent complement component deficiency (an inherited disorder), and people who may have been exposed during an outbreak). Adolescents and young adults (16 through 23 years of age) who do not have high risk conditions may be vaccinated with a serogroup B meningococcal vaccine, preferably at 16 through 18 years of age, to provide short term protection for most strains of serogroup B meningococcal disease. Parents/guardians of adolescents and children who are at higher risk of infection, because of certain medical conditions or other circumstances, should discuss vaccination with their child's healthcare provider.

How can I protect my child or adolescent from getting meningococcal disease?

The best protection against meningococcal disease and many other infectious diseases is thorough and frequent handwashing, respiratory hygiene and cough etiquette. Individuals should:

- wash their hands often, especially after using the toilet and before eating or preparing food (hands should be washed with soap and water or an alcohol-based hand gel or rub may be used if hands are not visibly dirty);
- 2. cover their nose and mouth with a tissue when coughing or sneezing and discard the tissue in a trash can; or if they don't have a tissue, cough or sneeze into their upper sleeve.
- 3. not share food, drinks or eating utensils with other people, especially if they are ill.
- 4. contact their healthcare provider immediately if they have symptoms of meningitis.

If your child is exposed to someone with meningococcal disease, antibiotics may be recommended to keep your child from getting sick.

You can obtain more information about meningococcal disease or vaccination from your healthcare provider, your local Board of Health (listed in the phone book under government), or



the Massachusetts Department of Public Health Division of Epidemiology and Immunization at (617) 983-6800 or on the MDPH website at www.mass.gov/dph.

WEATHER & EMERGENCY POLICIES

Light Rain

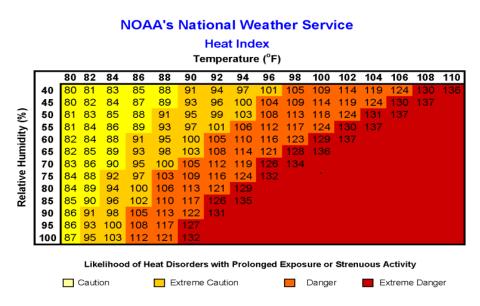
In the event of light rain and no lightning, camp will make use of outdoor spaces as best we can. On rainy days, Camp Chickami becomes famously muddy and extra fun. Games are modified to reduce risk and maximize enjoyment of special weather. Indoor options will be made available to all campers during elective periods.

Heavy Rain, Thunder & Lightning

In the event of heavy rain and/or lightning, all campers will be brought inside and the staff will modify activities accordingly. Children will remain indoors until 30 minutes of lightning free conditions have been recorded or until the rain subsides to safe levels.

Extreme Heat

In the event of extreme heat, the staff may have campers participate in alternate or indoor activities (i.e. sprinklers, drip-drip-drop, expanded pool access, indoor activities, shady games etc.). Safety is our first priority. We rely on the <u>National Weather Service heat index chart</u> which provides general guidelines for assessing the potential severity of heat stress. Heat Index readings are monitored to ensure children are protected during sport, active and rest periods.



Other Severe Weather & Evacuation

In the event of a severe weather-related emergency, Camp Chickami protocol dictates that all campers and staff evacuate to Temple Shir Tikva to seek shelter. Families will be notified of such an emergency via email and may be asking to pick up their campers early from camp.



Other Emergency Situations at Camp

Camp Chickami emphasizes risk management and emergency preparedness in all daily activities. To encourage vigilance in our community, Camp Chickami staff conduct a number of fire drills, aquatics and medical emergency drills, and partners with the Town of Wayland Fire and Police Departments to ensure a quick and efficient response to emergency situations. Please direct any questions about emergency preparedness to the Camp Director, Natalia Martinez nataliam@wsymca.org.

QUALITY CONTROL

Grievances

If you have a concern or complaint in relation to your camper's group, counselor, camp experience, or other children at camp, please contact the camp office to speak with your camper's Unit Leader (campc@wsymca.org or 508-358-7000). If your issue is not adequately addressed or if your issue is in relation to the overall camp operation, please speak with the Camp Director Natalia Martinez nataliam@wsymca.org. They may request you set-up an appointment to ensure you receive the attention you deserve. If your issue is not adequately addressed by the Camp Director, please contact the Director of Camping Services. Additional contact information is located at the beginning of this handbook. In addition to personal grievances, campers and their families have the right to review background check, healthcare, discipline, and other policies upon request.

Refunds

Per the conditions set forth on our registration forms to which all families must agree when registering for a session of camp, the following refund and cancellation policies are observed by all West Suburban YMCA Camps:

- Changes and cancellation requests must be submitted in writing at least 1 month prior to the session start date and sent directly to the Camping Services Office (<u>CampingS@wsymca.org</u>) to be considered for a refund (less the deposit).
- Refund requests received later than 1 month prior to the start date will only be considered for serious medical reasons causing camper withdrawal upon written advice from a physician.
- There are no refunds on the deposits.
- Deposits are not transferrable.
- Campers, who arrive late, depart early, or miss days are not granted pro-rated fees or refunds.
- The Y reserves the right to retain camp fees of campers who decide they do not like camp, have minor illnesses, are homesick, are removed from camp for disciplinary reasons, and/or due to changes in family plans.

Camper Change Form

The Camp Chickami camper change form (found on the next page) should be submitted on a weekly basis and used for the following reasons:

- Your camper will not be attending camp
- Your camper will be absent certain days
- The times of pick-up or drop-off are different
- Your camper is not registered for, but will be attending camper care
- You wish to add an individual as an authorized pick-up
- Your camper has permission to walk home



You may also email the Camp Office (campc@wsymca.org) to let us know.



CAMPER CHANGE FORM

This form may be hand delivered to a staff member or scanned and emailed to CampC@wsymca.org

FOR CAMP CHICKAMI OFFICE USE ONLY

Directo	or and Staff,						
My chi	My child,, needs to change their schedule on						
This (th	nese) day(s),//2023 through//2023. They [please check the boxes oply]:						
	will not be attending camp.						
	will be leaving camp earlier at approximately (time).						
	will be picked up by the following authorized adult,,						
	has my permission to walk home from (i.e. camp, bus stop) (i.e. date listed, the week of, every day).						
	is going home with, their friend so please allow anyon on that camper's authorized list to pick my camper up from camp.						
Camp	Chickami only:						
	is staying for Camper Care at Camp Chickami instead of at the YMCA. I have already spoken with the Camp Director.						
	□ is staying for emergency Camper Care. I have already spoken with the Camp Director and paid the \$20- fee.						
	is staying for Family Night Camper care. I have already spoken with the Camp Director and paid \$10.						
Sincere	ely,						
 Parent	/Guardian Signature Date Phone Number						



CAMP CHICKAMI BUS ROUTES/SCHEDULE

The times listed are estimated departure and arrival times. We recommend arriving 5-10 minutes early for your stop. All buses leave Camp Chickami at 4:00 PM. When enrolling your camper for a bus, be sure to designate the stop number. Without this information, your camper will not have a reserved spot on the bus. **Note:** Some buses may fill and enrollment is first come first serve.

SESSIONS 1-8 BUSES:

Bus F

Time	Stop#	Location
8:10 AM/4:40 PM	F1	Bigelow Middle School, Park St.
8:20 AM/4:30 PM	F2	Ward School, Dolphin Rd.

Bus R

Time	Stop#	Location
8:05 AM/4:45 PM	R1	Brown Middle School
8:20 AM/4:30 PM	R2	Waban Library
8:30 AM/4:20 PM	R3	Pierce School, Temple St.

Bus O

Time	Stop#	Location
8:10 AM/4:40 PM	01	Cabot School
8:20 AM/4:30 PM	02	Lincoln-Eliot School
8:30 AM/4:20 PM	03	Halloran Field

Bus G

Time	Stop#	Location
8:15 AM/4:30 PM	G1	Franklin School
8:20 AM/4:25 PM	G2	Family ACCESS
8:30 AM/4:20 PM	G3	Burr School
8:35 AM/4:15 PM	G4	Commonwealth Ave. and Lexington St.

Bus S

Time	Stop#	Location
8:00 AM/5:00 PM	S1	Lincoln Sudbury High School
8:10 AM/4:50 PM	S2	Verrill Farm
8:20 AM/4:40 PM	S3	Haskell Field
8:30 AM/4:30 PM	S4	Noyes School
8:40 AM/4:20 PM	S5	Loring Elementary
8:50 AM/4:10 PM	S6	Happy Hollow School



