



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA CAMP SILVER CREEK PARENT & CAMPER HANDBOOK 2017

WELCOME TO YMCA CAMP SILVER CREEK!

For over 75 years, YMCA Camp Silver Creek has been providing traditional camping experiences to youth. We are proud to offer wonderful camp activities such as canoeing, campfire, all-camp games, archery, hiking, creek-walking, and arts & crafts. Most importantly, we offer a safe environment where campers are supervised by staff who are hired because of their skills and desire to work with youth. Staff are trained to help campers integrate into camp life, make new friends, and have fun!

Our Camp Goals:

- To have the YMCA mission and cause modeled for campers and to demonstrate the values of the YMCA: Responsibility, Respect, Caring, and Honesty.
- To have campers learn skills related to personal health and safety in the camp environment.
- To help campers increase their sense of self worth and responsibility.
- To help campers increase social skills.
- To have the opportunity to learn a variety of traditional camp skills.
- To have fun in a unique and special camp environment.

We look forward to getting to know you child this summer as they experience the magic of YMCA Camp Silver Creek. If you have any questions or would like additional information, please contact us.

Sincerely,
Jeff Lewis
YMCA Camp Silver Creek Director
Family YMCA of Marion and Polk Counties
685 Court Street, NE
Salem, OR 97301
jlewis@theyonline.org
YMCA Main Desk: 503-581-9622
Camping Department: 503-588-4302

Registering for Camp

There are two ways to register for YMCA Camp Silver Creek. You may register online at www.theyonline.org. Or, please download and print the registration form at www.theyonline.org and either mail it or bring it in person to: 685 Court Street NE, Salem, OR 97301.

To register for camp, you'll fill out a registration form and include a \$50 deposit at the time of registration. The remaining balance will be due 10 business days prior to the first day of camp, but you may pay at any time prior to that date. Late registration may be subject to a \$25 registration fee. Most sessions close 10 days before the start of the session. All summer program fees are non-refundable and transfer fees may apply to any changes in registration.

Financial aid is available for camp. Please contact Jeff Lewis at 503-588-4302 or at jlewis@theyonline.org for more information.

Directions to Camp

YMCA Camp Silver Creek is located within Silver Falls State Park outside of Sublimity, OR. We are in the private Youth Camp section of the park. Our address is: 19984 Silver Falls Highway, SE, Sublimity, OR 97385. Please note, some GPS and phone-based GPS programs using this address will take you to the outskirts of the State Park. Please follow from: Turn right following the signs to Conference Center/Youth Camp/Campground. If you are lost, please ask for directions from the State Park Booths.

From Portland:

I-5 South, take exit #253/STAYTON/DETROIT LAKE

Turn left on N SANTIAM HWY (OR 22)

Continue to follow OR 22; take ramp toward STAYTON/SUBLIMITY

Turn left on CASCADE HWY SE

Turn right on SILVER FALLS HWY SE (OR 214)

Turn right following the signs to Conference Center/Youth Camp/Campground

Stop at Park Service booth and let them know you are going to YMCA Camp Silver Creek

Turn left after the booth

Turn left at the first road and follow it about 2 miles into camp

From Salem:

Take HWY 22 toward STAYTON/DETROIT LAKE

Take ramp toward STAYTON/SUBLIMITY

Turn left on CASCADE HWY SE

Turn right on SILVER FALLS HWY SE (OR 214)

Turn right following the signs to Conference Center/Youth Camp/Campground

Stop at Park Service booth and let them know you are going to YMCA Camp Silver Creek

Turn left after the booth

Turn left at the first road and follow it about 2 miles into camp

Check In Process

Check in is from **2:30-3:30 on Sunday** (except for short sessions). Please do not arrive early as we are busy preparing for camp to open and we will start our check in process promptly at 2:30.

When you arrive in camp, you'll remain in your vehicle and will be greeted by our welcome staff. They'll let you know which of our camp units your camper will be staying in. All campers **must be checked in by their parent/legal guardian** unless prior arrangements have been made with the Camp Director. At check in, you'll turn in your child's health form and any medications your child will need while at camp.

Following this stop, you'll be directed to your camper's unit where you'll be able to park and unload luggage. You'll meet your child's counselor and can help him/her move into the cabin. Please feel free to ask questions of your child's counselor and provide him/her with any information necessary to make the camper's stay a success.

We thank you in advance for your patience during our check in process. Our facility was built 75 years ago and has very narrow roads with limited passing ability and limited parking. Due to this, you may be asked to wait for traffic to flow or to park. People arriving after 3:00 typically experience less of a wait to check in. Please be assured that your camper will not miss out on camp activities.

Check Out Process

Check out is from **9:30-10:00 on Saturday**, (except for Family Camps). We encourage you to arrive promptly so you can greet your camper.

When you arrive in camp, please proceed directly to your camper's unit to meet your child. **At check out, you will be required to provide current, valid photo identification. Only persons listed on the camper's health form may pick up the camper.** You'll also pick up the camper's medication and be able to speak to our health staff if needed. If you need to pick up your child earlier in the week, please notify the Camp Director to make arrangements.

Check In & Check Out for Short Sessions & Family Camps

Short Session One – 6/26-6/29

Check in time for this session is from 2:30pm-3:30pm on Wednesday, July 5th. Check out for this session is on Saturday, July 8th from 9:30am-10:00am.

Short Session Two (Session #6) – 8/3-8/6

Check in time for this session is from 2:30pm-3:30pm on Wednesday, August 2nd. Check out for this session is on Saturday, August 5th from 9:30am – 10:00am.

Family Camp Session One – 7/2 – 7/5

Check in begins Sunday, July 2nd at 2:30pm and will continue throughout the evening. Dinner is at 6:00 followed by an all-camp orientation at 7:00. Check out will be by 11:00am on Wednesday, July 5th.

Family Camp Session Two – 7/30 – 8/2

Check in begins Sunday July 30th at 2:30pm and will continue throughout the evening. Dinner is at 6:00 followed by an all-camp orientation at 7:00. Check out will be by 11:00am on Wednesday, August 2nd.

Eclipse Family Camp – 8/20-8/22

Check in begins Sunday August 20th at 2:30pm and will continue throughout the evening. Dinner is at 6:00 followed by an all-camp orientation at 7:00. Check out will be by 11:00am on Tuesday, August 22nd.

Health Care at Camp

We take the care of your child very seriously at camp. We have a licensed RN either at camp or in close communication with camp supporting camper health issues.

Upon arrival at camp, our staff will review your child's health form and ask if you have any additional information to provide. Medications your child needs will be turned over to our staff at this point and dispensed as directed. This includes all prescription and non-prescription medications such as vitamins and creams. Please note, we are required to dispense medications from their original container and follow directions as provided on the label. We recommend you send only enough medication needed for the duration of your child's stay, plus one dosage. Children who carry an epi-pen or an inhaler should bring 2, one for the health staff and one to carry with him/her. Our health staff may contact you with further questions in order to provide the best care for your child.

The health history form enclosed in the parent handbook must be filled out and brought with your child to camp. Please do not mail your child's health history form so it may be kept confidential. The information you provide will be shared with only the health staff and persons who need to know to directly provide care for your child. Please be as detailed as possible while completing the form. The information provided does not prevent your child from attending camp, it simply allows our health staff to make informed decisions regarding your child's care. Children with Asthma, Heart Defect/Disease, Seizures, Diabetes, or Bleeding/Clotting Disorders require a physician's authorization to attend camp. If your family does not immunize, please complete a waiver available at the Family YMCA of Marion and Polk County.

If your child has any behavioral or emotional concerns or diagnosis that may impact his/her experience at camp, please contact the Camp Director so we can create a plan so he/she can have an excellent experience at camp. Our staff is well-trained in providing support to a wide variety of children and we look forward to getting to know your child and helping him/her enjoy YMCA Camp Silver Creek.

Some families consider taking a "medication vacation" while at camp. We strongly encourage campers to remain on their regularly scheduled medications while at camp. While at camp, a child's routine is different than at home and continuing on medications allows children to have the most successful experience.

Minor injuries while at camp will be treated as needed included, but not limited to: washing, applying band aids or ice packs. Parents will be notified of any trips the camper makes to the infirmary either while the child is there, or at check out as warranted by the type of visit.

You will be notified if your child:

- Has temperature of 100 degrees or above
- Has 2 loose stools or vomits
- Has green discharge from nose and/or eyes or any type of eye infection
- Has chicken pox, scabies, or other contagious disease
- Has what appears to be head lice
- Has an allergic reaction
- Receives an injury more than a minor scrape or cut

If any of these occur, we will make a determination about your child returning home or remaining in camp.

In the event of a major injury or illness, the Camp Director and health staff will assess the situation. If necessary, staff will seek appropriate medical attention and contact parents. This could include calling an ambulance to transport the child to Stayton Hospital or taking the child to Stayton Urgent care or our off-site camp physician.

Behavior Expectations

At YMCA Camp Silver Creek, in order to create a safe and fun camp environment, we ask campers to follow three basic directions:

- Respect Yourself (maintaining hygiene, speaking kindly about oneself, following rules)
- Respect Others (keeping hands to yourself, speaking kindly to others, respecting personal property)
- Respect Camp (causing no harm to camp gear, buildings, trails, respecting activities at camp)

At YMCA Camp Silver Creek, we have a no tolerance policy for bullying. We define bullying as physical (hitting, tripping), verbal (name-calling, belittling, humiliating), and social (exclusion, coercion). We recognize that conflict between children can occur and we work to provide children opportunities where they can be socially successful. We train our staff to recognize bullying behavior which is not necessarily a single event but can escalate into multiple events. Camp will not tolerate these behaviors in person or via electronic devices. Campers who bully will be dismissed from camp and camp fees will not be refunded.

Our camp staff have been trained on how to provide clear expectations for campers, guide campers to make positive choices, and be consistent while working with campers. If a child is unable to follow camp rules or participates in escalating bullying behavior, he/she will work with their counselor, unit director, and then, the Camp Director in order to solve the situation that is occurring. We will make every effort to meet the needs of the campers and seek a solution for a positive camp experience. Parents will be notified if a camper is not being successful in following rules at camp. On occasion, campers who choose to continue disregarding camp rules will be dismissed from camp and camp fees will not be refunded.

Homesickness

It is not uncommon for campers, even experienced campers, to experience some degree of homesickness while at camp. Many families find it helpful to discuss prior to arriving at camp what homesickness feels like and why it happens so campers can be prepared. Our staff are trained to identify and support campers who are feeling homesick. With mild homesickness that crops up from time to time and doesn't impair a child's ability to enjoy camp activities, staff encourage campers to look forward to the next activity, talk about positive things, and shift their focus. When homesickness becomes more severe and impacts a child's ability to enjoy camp, parents are contacted for consult and a plan is set in place to help the child succeed at camp. We do not offer to campers the choice to call home as this is not typically effective in helping with homesickness. In the unlikely case that a child isn't able to stay at camp due to homesickness, the parent and the Camp Director will make that decision before communicating that to the child. In our experience, most children can and do move through a bout of homesickness and finish the week of camp. If you are particularly concerned that homesickness may be an issue for your child, please let the Camp Director know prior to his/her arrival so we can plan to best support him/her.

Daily Life at Camp

Your camper will be with a counselor and a cabin group of 6-7 campers of similar age in a cabin within a camp unit. We have four units in camp: Hillside, Bear Creek, Trickle Falls, and Hemlock. There are 6 camper cabins in each unit and campers are placed into units by age and camp specialty (Quest Camp, etc).

During the day, your camper will eat 3 meals in the Dining Hall with their cabin group, attend skill groups of their choosing, have a rest period, participate in cabin group time with their counselor, and have a free choice period. Most evenings include an all-camp game and campfire. All campers participate in a short hike to an overnight camping spot where they cook dinner (our famous Grilch!), play games, and sleep under the stars. Our youngest campers have spots within camp they are already familiar with for their overnight while our older campers venture out onto our hiking trails.

Campers are under the supervision of their cabin counselor or another counselor running an activity. Our staff ratio is usually 1:6. When campers need to use the restroom or travel away from their group, they go in groups of 2 for safety.

Typical Daily Schedule

7:00 Wake Up
7:30 Polar Bears (lake jumping and pool swim)
8:15 Flag & Morning Announcements
8:30 Breakfast
9:30 Chapel
10:00 Skill Group One
11:15 Skill Group Two
12:30 Lunch
1:30 Rest Period
2:30 Cabin Group Time
4:00 Free Choice Time
5:00 Return to units; prepare for evening
6:15 Flag & Evening Announcements
6:30 Dinner
7:15 Twilight (All-Camp Game)
8:30 Campfire
9:30 Lights Out

Meals at Camp

Campers eat in our dining hall with their counselor and cabin group. Meals are served buffett style with a main dish and several side dishes. We try to balance healthy choices with kid-friendly favorites. Campers are encouraged to try new foods but are not required to do so. Please encourage your child to try new foods while at camp. If your child is a vegetarian, vegan, or has other dietary needs, please indicate this at registration and on the health form. Once a selection of standard or vegetarian meal plan has been made, it will be for the entire week in order to manage our meal portions. When firsts are served, your child will be provided the meal plan selected. If seconds are available, your child may choose to eat "off plan". If you do not want your child to eat "off plan", please advise him or her not to do so and inform us on the health form. If your child has extensive dietary needs, please contact the Camp Director prior to camp so we can arrange for a meal plan.

Packing List for YMCA Camp Silver Creek

Please label all items and include your camper in the packing process so he/she can recognize items. We make every effort to reduce lost and found. Please prepare your child to manage their personal belongings. If items are lost, please contact us following camp. We recommend "play clothes" that can get wet or dirty. Please feel free to adjust the suggested numbers below to suit your child's needs.

Forms

Health Form

Bedding

Sleeping Bag

Pillow

Sheets & Blanket (optional)

Personal Hygiene Items

Small shower bag (optional)

Towels (2)

Soap, Shampoo, Comb/Brush

Toothbrush/Toothpaste

Deodorant (optional)

Waterproof Sunscreen

Insect Repellant (with DEET recommended)

Chapstick

Clothing

Shirts (one per day)

Long Sleeve Shirts (2-3)

Shorts (2-3)

Long Pants (2-3)

Sweatshirts (2-3)

Underwear (one per day)

Socks (one per day)

Pajamas (2-3)

Rain jacket/Poncho

Hat for cool evenings/sun

Swimsuit

Goggles (optional)

Shoes

Tennis shoes

Sandals with back strap or extra shoes that can get wet for creek walking

Hiking Boots (optional)

Other

Daypack or Backpack (for overnight hike)

Flashlight

Water Bottle

Disposable Camera (optional)

Books, magazines (optional)

Stationary, stamps, pen (optional)

Two Week Campers

Please adjust list to accommodate needs for 2 weeks.

Quest - Canoeing on Detroit:

Water shoes

Additional swim wear or light weight clothing that can get wet

Additional towels (1-2)

Quest – Backpacking on the Pacific Crest Trail

Hiking shoes that are worn in

Frame pack for carrying belongings

Water bottle

Leaders In Training Campers

Laundry detergent

Quarters for laundry in town on Saturday (\$10)

Money for lunch in town on Saturday (\$10)

Family Camp

Please adjust list to accommodate needs for 3 days.

Please do not bring to camp:

Any items of value (camp is not responsible for lost or broken items); weapons or explosives such as knives, fireworks, lighters; personal sports equipment; alcohol, tobacco, drugs; any electronic devices such as phones, iPods, MP3 Players; animals or pets; personal vehicles (for campers over age 16); flip flops or shoes without a back strap; any food, gum, or candy. (We will store food items for campers with special dietary needs.)

General Information

Camp Store

We have merchandise and healthy snacks available for purchase at our camp store. Campers are able to visit the store once daily and the store is open during check in and check out. You may deposit money in the store, located in our Administration Building, when you arrive in camp. Money deposited in to the store and not used is non-refundable. All proceeds from our store go toward our camp scholarship fund.

Cabin Mate Requests

Many camper attending camp feel more comfortable attending with a friend. If two campers are within one year of each other's age, please submit a request in writing at registration. Typically, the older camper will be placed with the younger camper. We can only honor one cabin mate request per camper. While we cannot guarantee each request, we make our best effort to make sure cabin mate requests are met.

Visitation Policy & Vehicles in Camp

Any visitors arriving on camp must check in at the Administration Building and must be pre-approved by the Camp Director. However, we typically do not grant visitation during camp sessions because we require all persons in camp to have met our employment and/or volunteer requirements including a background check. If there is a family emergency, please contact the Camp Director to make arrangements. While camp is in session, all private vehicles owned by staff or visitors may not be driven and must be parked in designated parking areas.

Van & Bus Safety

Prior to being transported in YMCA authorized vehicles, all passengers will be oriented to the following safety procedures:

- Passengers should remain seated at all times with hands and arms inside of the vehicle. The vehicle aisles must remain clear.
- When traveling in vehicles with a seat belt, passengers must ride with seat belts fastened and one passenger to a seat belt.
- Passengers may only enter or leave the vehicle under the direction of a staff member and/or driver. If the vehicle makes an emergency stop, passengers should follow directions of a staff member and/or driver and use the buddy system if exiting the vehicle.
- The driver must remain distraction-free. Voices must remain quiet with no yelling or shouting. No objects may be thrown.

Mail

Receiving mail at camp is a fun way to stay connected during the week. Each day, we have a scheduled mail call where campers receive letters and packages. You are welcome to mail them to our camp address or leave them at the Administration Building during check in. Please label which day you'd like your camper to receive their mail. Mail tends to take 2-3 days to reach us in camp, so please plan accordingly.

Please do not send any food items including candy and gum. If these are sent, they will be held for your camper until check out.

CAMP ADDRESS:

Camper's Name
YMCA Camp Silver Creek
19984 Silver Falls Highway SE
Sublimity, OR 97385

Communicating with Camp

Please be assured that "good news is no news" while your child is at camp. We will contact you if we have concerns or questions about health issues, behavior issues, or homesickness.

If you do need to reach us, please contact the Family YMCA of Marion & Polk Counties at (503) 581-9622 and a message will be relayed to the Camp Director or email: jlewis@theyonline.org. We will return your call or email as promptly as possible.

Thank You!

Thank you for choosing YMCA Camp Silver Creek for your child! We look forward to getting to know your camper and providing a wonderful summer experience!

Revised March 2016