



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Join the Experience of a lifetime

YMCA CAMP DUDLEY
Parent Packet

MAIL Yakima Family YMCA | 5 N Naches Ave | Yakima, WA 98901
PHONE (509) 972-5271 **EMAIL** kmcpherson@yakimaymca.org **WEB** yakimaymca.org

ABOUT THE CAMP SESSION



Character Counts

On the first day of camp, behavior expectations are shared with all campers. Our expectations focus on the YMCA values of caring, honesty, respect and responsibility. Incorporating these values, campers will learn how to ensure their own safety and practice ways to make other campers and counselors feel comfortable and valued. Our staff use positive reinforcement techniques when working with individual campers and whole cabin groups.

Camp counselors are also trained in working through behavior challenges. While coaching a camper with their behavior can be a normal and healthy part of a camper's development, camp will not tolerate ongoing disrespect or violence. This includes emotional, social, verbal, and physical bullying, as well as inappropriate actions that violate our camp rules. If a camper chooses not to correct inappropriate and/or dangerous behaviors, Camp Dudley reserves the right to remove the camper from the program. The camper's parents/guardians will be responsible for picking up their camper from the camp site.

Camp Dudley Values:

Honesty: Truthfulness and genuineness with self and others. Your personal and professional honesty is an asset to Camp Dudley. Honesty is the foundation for the goal of excellence in your performance.

Caring: (Unconditional Love) A choice to care without conditions or limitations. This value may be the most difficult to emulate. Caring is vital to the health of a healthy community here at camp. You need to role model it.

Respect: Honor towards others, humility. Camp Dudley is part of an organization that serves people of many races, ethnic and religious backgrounds. It is imperative to show respect for the diversity of our campers and families.

Responsibility: Trustworthiness; the ability to be depended upon. Responsibility is a two way street. Camp Dudley has a responsibility to be accountable for its action with regard to you. You have a responsibility to be accountable for your actions within Camp.

Goals and Objectives for Campers

To provide opportunities that stimulates the development of each camper's self-esteem.

- Each camper will participate in at least one activity to promote self-esteem, which could include challenge course, values clarifications, overnights or candle light ceremony.
- Campers will participate in getting-to-know-you games during the first 24 hours of camp.
- Staff will provide the campers with positive comments and encouragement throughout their stay.

To help each camper appreciate their natural surroundings and take an active role in the stewardship of our environment.

- Each camper will participate in at least one Outdoor environmental education session while at camp.
- Each camper will attend at least one campfire during their stay at camp.
- Each camper will have the opportunity to participate in some nature activity, in addition to the nature session, which could include one of the following: hiking, environmental activities, overnight camping, or other appropriate activity.
- At the beginning of each session, the campers will discuss as a group the importance of taking care of their camp and the type of things that they need to do such as picking up litter, staying on trails, not picking flowers, respecting property (no graffiti), and conserving water.

To allow each child to experience group living.

- Each camper will live in a group with other campers either in cabins or tents. Within these groups, campers will be part of a community-making decisions and keeping the area clean.
- Each camper will participate in a democratic decision-making process in each village daily, called activity sign up.
- Campers will participate in meals served family style.

Improve decision making skills.

- On Monday, each camper will be allowed to choose their own skill sessions for the 10:00 and 11:00 hours
- Under the guidance of the cabin counselors, campers will work together to choose their afternoon cabin activities Monday, Tuesday, Thursday and Friday

Develop new friendships with peers.

- Campers will be assigned to cabins with cabin requests, but also with peers of similar age groups.
- Campers will have exposure to community based activities such as skill sessions and all-camps where campers of any age can participate together
- Campers will be able to participate in activities such as low and high ropes designed to build relationships

REFUND POLICY

We can always try to switch your camper to a different session if a conflict arises—just contact us about availability. If you need to cancel entirely, a two week notice is required to receive a refund of a check or credit voucher. If appropriate notice is provided, you will receive your camp fees back minus a \$75 processing fee. No refunds will be given with less than a week notice unless:

1. A medical condition prevents the camper from participating. A written excuse from the physician must be mailed or faxed to the YMCA.
2. YMCA Camp Dudley cancels the program.

Lost & Found

Please label all of your camper's items. All items left at Camp Dudley will be brought back to the Yakima YMCA at the end of the summer. If an item is lost, stop in at the YMCA, and you will be able to go through all the lost and found items. All unclaimed items will be donated to a local charity approximately **one month** after the end of the summer camp season.

BEFORE ARRIVAL



Packing List

Camp is a place to have fun and get dirty, so please send your camper with their **old clothes** rather than new items. **Mark your camper's name on all of their belongings and clothing** so that they can be easily claimed if they are misplaced. Camp Dudley is not responsible for personal possessions. Remember, the days may be warm, but the nights are quite cool and sometimes even cold! Campers will spend one night away from camp on an overnight campout, so it is extremely important that they bring warm clothes and the appropriate gear.

- | | | | | |
|----------------|--|----------------------|----------------------|--------------------------|
| ☑ Towels (2) | ☑ Coat/Jacket | ☑ Extra Socks | ☑ Underwear (6) | ☑ Swimsuits |
| ☑ Sleeping Bag | ☑ T-shirts (5-6) | ☑ Long sleeved shirt | ☑ Tennis Shoes | ☑ Shorts (3-4) |
| ☑ Sunscreen | ☑ Long Pant | ☑ Sweatshirt | ☑ Rain Jacket/Poncho | ☑ Water Bottle |
| ☑ Flashlight | ☑ Insect Repellent | ☑ Pajamas | ☑ Washcloth | ☑ Bag for wet/dirty item |
| ☑ Pillow | ☑ Toiletries: soap, toothbrush, toothpaste, etc. | | | |

Optional: Camera, backpack, book, journal, stationary, pens

What NOT to Pack

One of the things that makes the camp environment special is the opportunity to create meaningful, personal connections with others. For this reason, electronic devices are not permitted at camp because they distract us from the natural environment and the people around us (this includes LDPs and CITs). We takes pictures all around camp every day and posts them on our website for you to view and download from home, and we will always call you if we feel it's necessary. Please supervise your camper's packing and join us in encouraging them to "unplug" for this short time.

Do not pack:

- Expensive Clothing /Expensive Items/Jewelry
- Cell Phones/Video Games/iPod/Radios
- Personal Sports Equipment
- Pocket Knives/BB Guns/weapons
- Alcohol and drugs / fireworks / any other illegal items

If a camper brings these items, the Camp Director will keep them until the camper checks-out at the end of the week.

Homesickness*

For some campers, camp is a far away place from the comfort of their home and homesickness is inevitable. The camp staff will be trained in creative methods for dealing with homesickness and we will try to do everything possible to make camp an exciting experience. **However, phone calls to home do not fit into this plan. Please do not tell children they can call home if they miss you.** This will diminish our abilities to effectively treat homesickness and build a greater sense of independence in your child. Instead of easing homesickness pains, direct contact with home almost always makes situations worse. In the event of homesickness, camp staff will contact you and discuss options to make camp the best possible experience for your child. At that time, if you wish to talk to your camper, we will provide that opportunity. Homesickness prevention begins at home. In the weeks prior to their camp stay, talk to your camper about what they will experience. Discuss with them the schedule, activities they will participate in, how the arrival will go, what they are excited about, and even what they might be scared about. The more you talk with them about what to expect, the less stress they feel about the situation and the easier their transition will be. Thanks for your cooperation!

*Camp fees are non-refundable if your child goes home due to homesickness.

YMCA Camp Dudley Health Management

Health History

Your camper's health information is reviewed by our healthcare staff. It is shared with other staff on a need-to know basis in an effort to safely support your child's participation and/or if it will aid in the care of your child (ie, ADHD, recent surgeries, allergies, etc.). We can be effective only if you share information with us and use the health form to communicate your child's needs. We are not responsible if you fail to disclose something. Upon arrival, we will ask you to confirm previous information and provide any new health information since your camper's forms were turned in. All your camper's medication's must be turned in to the Health Care Manager upon arrival to camp. Campers are not allowed to possess any over the counter medications, prescription medications, vitamins, etc. Please have all medications in their original packaging and/or pharmacy bottle. Fast acting inhalers and/or Epi-pens are the only exception to this rule.

Please Note, If your child regularly takes any behavioral enhancing medication, please do not discontinue the medication when they come to camp. The camp environment is very similar to a school environment. Your cooperation is greatly appreciated.

Health Screening– All campers will be screened by camp for symptoms of corona virus. If your camper has a fever, cough or other symptoms of covid 19 do not bring them to camp.

Campers will be participating in a health screening upon arrival to camp. If there is any health concern that must be addressed (ie lice, pink eye, recent surgery, etc.) the camper will be sent home to remedy the problem, and may return upon the approval of the Camp Director. (Note: A refund may be in order depending on the situation)

Parent Notification

With your signed permission form, we will treat various camper illnesses with over-the-counter medications. If initial attempts to treat your camper's symptoms fail, or if your camper becomes seriously ill, you will be contacted immediately. In the event of a serious injury, you will be notified immediately.

Food

Food is a very important part of our program. We strive to serve a well balanced diet of proteins, grains, fruits and vegetables. If your camper has a specialty diet, please contact us to ensure that we are able to safely and adequately meet their needs. Often with specialty dietary needs, the family will supplement our menu with the foods the camper needs to maintain a properly balanced diet.

Camp Mail Program

Kids love to receive mail at camp, and it shows that you care. A Camp Dudley tradition is to turn mail time into program time. If campers receive a letter, they get to entertain camp with a song during lunch with the other mail recipients. Four or more letters, or a package means a jump into the pool. Staff are included in this program and it's all intended to be fun. If a camper doesn't want to sing or jump in the pool they are not pressured or forced in any way. If you do not wish for your camper to sing, please indicate so on your letters or package. Mail arrives each day around lunch time, please be sure to give your letter or package enough time to reach camp. Should your package or letter come after your child has left camp, we will make every attempt to route it to your correct address.

Send your camper mail to: YMCA Camp Dudley | Attn: (Camper's Name) | 14830 Tieton Road | Naches, WA 98937

Email your Camper

At check in, you will receive information on how to send your camper an email. These emails will be printed and given out at lunch time each day with the rest of the mail. Please note that emails are one-way from home to camp and campers do not have computer access to send responses.

Camp Activities

Your camper might participate in the following activities:

Arts & Crafts	Ultimate Frisbee	Kayaking	Swimming
Soccer	Orienteering	BB Gun Shooting	Archery
Wilderness Skills	Outdoor Education	Kickball	Volleyball
Basketball	hiking	Campfires	Talent Shows
Ropes Course	Capture the flag	Night Hikes	Fort Building
Group Games	Boating	Rock Climbing	Much More!

OPENING DAY—

Check-In

Campers and families are asked to arrive at camp between **3:00—4:30 PM on Sundays**. **Campers will be assigned an arrival window of a half hour. You must arrive in this window or notify the camp before hand. This will be necessary to keep the volume of people checking in down.** The gate will open promptly at 3:00. Please do not plan to arrive prior to your assigned time. You will be greeted by Camp staff in the parking lot. Please remain at your car until a staff greets you. There we will review your paperwork, check-in camp store money and medication and receive your cabin/ counselor assignments. After a quick check health check with the camp nurse, you will then be taken to your camper's cabin and given the opportunity to meet your camper's counselor. **You will not be allowed into the cabin this year.** We intend to begin camp programs as close to 5:00 pm as possible. If a camper does not arrive by 5:15 camp staff will begin the process of calling all listed contacts to confirm the campers status.

Camp Store

The camp store will be open during check-out, as well as once in the afternoon during a scheduled cabin visit. All Camp Store money must be deposited with staff during check-in. This money operates as a credit account at the store. Balances from the campers accounts will be credited to parents on closing day. Items available at the store include shirts, water bottles, snacks, juice, stamps, etc.. Last year's average camp store deposit was between \$15.00-\$25.00. Participation in the camp store is optional for families. Camp will only be able to take cash or check.

CLOSING TIME

On pick up night, campers will have their belongings packed and ready to go by 4:00. **Campers will be assigned an arrival window of a half hour. You must arrive in this window or notify the camp before hand. This will be necessary to keep the volume of people checking out down** When you arrive between **4:00—5:30 on pick up day** there will be staff members in camp parking lot to greet you. You will receive all remaining camp store money and medication. Your camper's counselor will bring them and their stuff up to the parking lot.

YMCA Camp Dudley Transportation Procedures— We will not be offering bussing

Currently, YMCA Camp Dudley does not have camp vehicles for the transportation of campers.

Emergency Transportation:

YMCA Camp Dudley does not provide emergency transportation. In the event of a life threatening injury, EMS is called and transport is provided by ambulance. Should a non-life threatening injury occur that needs medical attention, parents are notified for transportation.

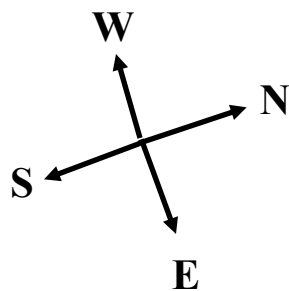
If you are on the road and have a break down or a mechanical malfunction - call camp at the nearest phone using the emergency number and assistance to arrange pick-ups and if needed, a wrecker to secure the camp vehicle will be found.

From the Western Slope



www.yakimaymca.org

YMCA Camp Dudley
14839 Tieton Road
Naches, WA 98937
(509) 672-2480



Camp Dudley ★

CLEAR LAKE

Tieton Road

Forest Service Sign
"To Clear Lake" across from Tieton Rd

Indian Creek Corral

Silver Beach Motel

Hwy 12:

Tunnel

RIMROCK LAKE

From Yakima

From Yakima, WA:

Take Highway 12 west towards Naches and White Pass. Be sure to take the left on Hwy 12 outside of Naches to avoid heading straight to Chinook Pass. Continue on Hwy.12 for approx. 30 miles. Go through the tunnel and past Rimrock Lake. Do not take the Tieton Rd turn before the tunnel. One mile past Silver Beach Motel, turn left toward Clear Lake on Tieton Road. There will be a brown Forest Service sign showing a left to Clear Lake. This is Tieton Road. Camp Dudley's entrance is one mile on the left. The entrance road into Camp Dudley is a dirt road. Trip is approximately one hour from Yakima. If you reach White Pass Ski area, you missed the turn!

From the Western Slope:

Highway 12 can be accessed through two main routes. First, you can travel 410 to 123 through Mt. Rainier National Park (closed in winter) to Hwy 12, and head east towards White Pass. You can also take 7 or 508 through Morton and/or Elbe, and up Hwy 12 through Packwood. This route's major landmark is passing by White Pass Ski area while heading east on Hwy 12. Approximately 9 miles east of White Pass ski area will be the brown Forest Service sign pointing right towards Clear Lake. This right turn is the entrance to Tieton Road. The entrance to Camp Dudley will be one mile on your left on Tieton Road. If you reach Silver Beach Resort and Rimrock Lake, you have missed the turn!

LETTER TO MY COUNSELOR AT CAMP DUDLEY

Campers complete this side - Parents complete opposite side.

My name is _____ . My friends call me

I am _____ years old. In Fall 2018, I will be in the _____ grade at _____ school. My birthday is

I have _____ brother(s); age(s) _____. I have _____ sister(s); age

(s) _____

In my spare time, the things I like to do are

I am good at

I am coming to Camp Dudley because

I hope to be able to do the following things at Camp Dudley this summer

When I am at Camp Dudley I don't want to

I get along with friends who

LETTER TO MY CHILD'S COUNSELOR AT CAMP DUDLEY

Parents complete this side - Campers complete opposite side.

Name of Camper: _____

This is my child's _____ year at summer overnight camp and
_____ at Camp Dudley.

I wanted my child to go to camp because

While at camp, I hope my child

My Child is:

Most happy when

Most unhappy when

Enthusiastic about

Not fond of

Apt to be afraid of

Is _____ at taking

care of their personal belongings.

What behaviors do you most often have to speak to your child about?

What methods of correcting these behaviors have you found effective?

YMCA CAMP DUDLEY HEALTH AND AUTHORIZATION FORM 2021

OFFICE USE:
Counselor _____
Program _____
Cabin _____

Mail or fax completed form at least two weeks prior to your camper's first session.

Session Attending: _____ Dates _____

Camper Name: _____ Male Female

Street Address: _____

City: _____ State: _____ Zip: _____ Date of Birth: _____ Age at Camp: _____

Camper is in custody of: Both parents Mother Father Other _____

Primary Parent/Guardian Name: _____ Relationship: _____

Best phone numbers to reach this guardian: 1) _____ 2) _____ 3) _____
Please circle: home / work / cell home / work / cell home / work / cell

Yes No | This person is authorized to pick up the camper from the bus stop or at camp.

Secondary Parent/Guardian Name: _____ Relationship: _____

Best phone numbers to reach this guardian: 1) _____ 2) _____ 3) _____
Please circle: home / work / cell home / work / cell home / work / cell

Yes No | This person is authorized to pick up the camper from the bus stop or at camp.

Emergency Contact (other than parent): _____ Relationship: _____

Best phone numbers to reach this guardian: 1) _____ 2) _____ 3) _____
Please circle: home / work / cell home / work / cell home / work / cell

Yes No | This person is authorized to pick up the camper from the bus stop or at camp.

Additional adults authorized to pick up camper: _____

Is the camper covered by medical insurance? Yes No

If yes, Insurance Company: _____ Group: _____ Name of Primary Insured: _____

Medication Allergies: _____

Diagnosed Food Allergies: _____

Vegetarian Gluten-free Dairy-free

Other Allergies (dander, insects, etc.): _____

Physical Restrictions (Describe activity restrictions) : _____

Does/has the camper:

Had a recent symptoms of corona virus? Yes No

Have a chronic illness or condition? Yes No

Ever been hospitalized? Yes No

Have frequent sinus infections? Yes No

Have frequent headaches? Yes No

Have frequent stomach upsets? Yes No

Wear glasses or contacts? Yes No

Have frequent ear infections? Yes No

Every been dizzy during exercise? Yes No

Ever had a seizure? Yes No

Ever had heart problems? Yes No

Have an orthodontic appliance? Yes No

Have any skin problems? Yes No

Have diabetes? Yes No

Have asthma? Yes No

Had problems with diarrhea? Yes No

Have problems with constipation? Yes No

Have problems with sleepwalking? Yes No

Have abnormal menstruation? Yes No

Have a history of bed-wetting? Yes No

Ever had an eating disorder? Yes No

Been diagnosed with ADD or ADHD? Yes No

Please explain any "yes" answers: _____

Any other physical, emotional, or mental health information that camp staff should be aware of? _____

(Reprint) Camper Name: _____

Immunization History (as recommended by the Department of Health Services). Is participant is current with the following: Please Circle Polio Yes No, Mumps Yes No, Rubella Yes No, Diphtheria Yes No, Pertussis Yes No, Measles Yes No, Corona virus Yes No
If no please explain:

Date of last Tetanus Immunization: _____

The Camp Health Office stocks basic first aid and health care supplies. I authorize the following over-the-counter medications to be distributed to my child as needed according to the directions on the package: _____

Pain & fever relief (Ibuprofen/Acetaminophen)	Allergy relief/decongestant (Diphenhydramine)	Triple anti-biotic (Bacitracin/Neosporin)	Calamine lotion/itch cream (Hydrocortisone)
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Eye drops (Saline)	Laxatives (Milk of Magnesia)	Cough drops (Menthol)	Indigestion relief (Tums)
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**THIS MUST BE SIGNED BY YOUR CHILD'S PHYSICIAN IF YOU ARE
SENDING PRESCRIPTION MEDICATION**

Name of Physician: _____ Health Care Facility and City: _____

Phone Number: _____

Please list all medications including prescription, over-the-counter, and herbal. Please include epipens and inhalers. All medications must be checked in to the Camp Nurse during check in and must be in their original container or pre-filled and bubble packed for the session by a pharmacist.

No medications; will not be bringing any medication to camp.

Camper takes medication as follows:

MEDICATION 1: _____ Reason: _____

Dosage amount/frequency:

Dispensing time(s): Breakfast _____ Lunch _____ Dinner _____ Bedtime _____ Other _____

MEDICATION 2: _____ Reason: _____

Dosage amount/frequency:

Dispensing time(s): Breakfast _____ Lunch _____ Dinner _____ Bedtime _____ Other _____

MEDICATION 3: _____ Reason: _____

Dosage amount/frequency:

Dispensing time(s): Breakfast _____ Lunch _____ Dinner _____ Bedtime _____ Other _____

Doctors Signature for Prescription Meds: _____

PARENT/ GUARDIAN RELEASE AND AUTHORIZATION

READ CAREFULLY BEFORE SIGNING

I have requested the Yakima Family YMCA (Camp Dudley) to allow my child to participate in it's summer camp activities. As a condition of receiving this benefit, I, the undersigned do hereby agree to the following.

Please check each authorization box below:

- That I have read the YMCA Camp Dudley parent information packet and understand it's contents.

- I hereby give permission to the personnel selected by the Camp Director or his/her designee to provide routine health care; to administer medications; to order x-rays, routine tests, treatment; to release any records necessary for insurance purposes; and to provide or arrange necessary related transportation for my child. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the Camp Director or his/her designee to secure and administer treatment, including hospitalization for the person named below. A photo copy of this form shall have the same force as if it were the original.

- That my child's participation in Yakima Family YMCA (Camp Dudley) summer camp activities can expose him/her to risks both known and unknown. Acknowledging that such risks exist, including, but not limited to activities described in the YMCA Camp Dudley Parent Information Packet, I hereby release and discharge the Yakima Family YMCA (Camp Dudley) its officers, agents and employees from any and all claims or liability for personal injury or property damage my child may suffer while participating in Yakima Family YMCA (Camp Dudley) activities, including, but not limited to, any claim arising out of any condition of the premises at which the activity is held or by the conduct of any person in connection with the preparation for, supervision of, or conduct of any activity, whether planned or unplanned. I specifically agree to release and hereby release the Yakima Family YMCA (Camp Dudley) and the officers, agents and employees of the camp for any negligence of the camp, or its officers, agents or employees.

- That I understand and appreciate that there are certain inherent risks involved in the Climbing Wall and Ropes Course which are beyond the control of YMCA Camp Dudley or its staff and agree to personally be aware of such risks. I certify that my camper is completely healthy (both physically and emotionally) and capable of participating in the Climbing Wall / Ropes Course activities. I have listed on the Health Statement Form any medical condition that YMCA Camp Dudley should be aware of which may hinder my participation in the Climbing Wall / Ropes Course activity. However, I understand that it is solely my responsibility to determine whether there is any medical reason that my camper should not participate in the Climbing Wall / Ropes Course activity.

 I hereby release the Yakima Family YMCA (Camp Dudley), its officers and employees from any and all liability which could arise as a result of the participation of my child or the participation of a child in my charge in a Yakima Family YMCA (Camp Dudley) activity. I hereby agree to indemnify and hold harmless the Yakima Family YMCA (Camp Dudley), its officers, agents and employees from all attorney's fees and costs incurred in defending any lawsuit or claim which arises out of the participation of my child or the participation of a child in my charge in a Yakima Family YMCA (Camp Dudley) activity. This release of liability and indemnify agreement is binding on my estate, my child's estate and the state of any person in my charge.

- I give permission to the Yakima Family YMCA and YMCA Camp Dudley, without limitation or obligation, to use photographs, film footage, or tape recording which may include my child's image or voice for purposes of promoting future Yakima Family YMCA and YMCA Camp Dudley programs, and release the Yakima Family YMCA and YMCA Camp Dudley from any claim of liability for that use. I understand that there will be no personal identifying information of my child that will coincide with their likeness. If I do not wish my child's image to be used, I will notify the Camp Director in writing no later than one week before their camp stay.

I give permission to the Yakima Family YMCA and YMCA Camp Dudley to transport children in camp-designated vehicles for off-site trips, to tripping drop-off points, or for emergency or routine medical care.

I give permission to the Yakima Family YMCA and YMCA Camp Dudley to search camper belongings when the health, well-being, or safety of the camper or others require it.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Signature of Participant: _____

Signature of Parent/Guardian _____ Date _____

