



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CAMP KIRKWOOD

OVERNIGHT CAMP FAMILY PACKET



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GREETINGS FROM YMCA CAMP KIRKWOOD



We are so excited that you will be joining us for a fantastic summer! In this packet, you will discover important information, as well as answers to your questions. Please be sure to read through all of the material and complete your camper's profile in CampDoc.

OUR MISSION

Helping people reach their God-given potential in spirit, mind, and body.

BELONGING

YMCA Camp Kirkwood is a place for all. It is a second home that empowers campers and staff alike to be the best versions of themselves. Through inclusive programming in a compassionate and safe environment, we are building the brave leaders of tomorrow. Our staff team here at Kirkwood knows that each person engages with the world in a unique way. We love when we have the opportunity to open our arms wider in service to all. If you have any questions about what it would look like for you or your camper to belong here at YMCA Camp Kirkwood, we encourage you to call or email us to schedule a time to talk with one of our directors. We can't wait to welcome you to camp!

POLICIES

We want every camper to have a positive experience while at YMCA Camp Kirkwood. To create this environment, we expect our campers to follow our 4 rules of camp:

1. Make Safe Choices
2. Be Kind
3. Be Respectful
4. Have Fun!

Campers who do not adhere to camp behavior expectations and rules will be addressed on an individual basis. Every camper and situation is different, and we strive to find the best solution for each and every camper. We believe in teachable moments at camp, however, YMCA Camp Kirkwood will not tolerate bullying of any kind. Although very rare, severe or frequent behavior violations can result in a camper being sent home from the program at the discretion of the director. No refunds will be issued. We want our campers to understand how important it is for everyone to have a great week of camp. Understanding the importance of community is very important to us at camp. Talk to your camper about helping us achieve this goal. Let them know to ask for help and support while at camp. Our team is here to help your camper with anything they need.



CAMPDOC

CampDoc, is our secure web-based system for campers' health records and camper profile. All families will receive an email invitation to complete their campers' health forms and profile information. 100% completion of your camper's profile is required 2 weeks prior to their first week of camp. Families may decide who is authorized for pick-up, share information regarding allergies, make group requests and so much more, all in CampDoc. Campers' profiles will stay with them year after year. No need to print or send any paperwork to camp.

CHECK-IN | SUNDAY 3:00PM - 4:00PM

Check-in begins at 3:00 p.m. If you arrive before 3:00 p.m., you will have to wait at the gate while staff is busy preparing camp. In an effort of mindfulness to community health and a seamless drop-off process, we ask all families to remain in their cars during check-in. Once the gate is opened, you will sign your camper in and verify authorized pick-ups. Then you will be directed to the nurse station. At the nurse station, you can drop off any medication and any packages or mail you may have for your camper. Staff members will be there to greet each camper and help them carry their belongings to their cabin. Although we know helping your camper move in is an important part of the camp experience, we feel it is important for the safety of the campers and staff to limit the number of people allowed in the cabins. If you would like a tour of the cabins before the summer, please feel free to contact us, and we will ensure that you see all of camp!

CHECK-OUT | FRIDAY 3:00PM - 4:00PM

Our Friday check-out begins at 3:00 p.m. For early pick-up, please contact YMCA Camp Kirkwood to make arrangements at least 24 hours in advance. We are asking all parents to remain in their cars during check-out this summer. Check-out will be the same as check-in. Campers will be ready with their luggage as you arrive. Once you pull up, we will be there to sign out your camper and give you any medication. Then, staff will help your campers bring their luggage to your car. We will hold a closing ceremony earlier in the day on Friday to give out Honor Cabin and Camper Awards.

TRANSPORTATION

Drivers of all YMCA vehicles are thoroughly screened and authorized by the YMCA based on experience and good driving records. Each driver has a current CDL license and participates in YMCA driver training. The YMCA ensures all of our vehicles are regularly maintained and inspected daily by our drivers before use. Upon registration, you have given the YMCA permission to transport your child to the appropriate YMCA or on fieldtrips.

KEEPING IN TOUCH

Be sure to follow us on Instagram and Facebook for updates throughout the week. Campers love to hear from you and receive mail. Do not send cell phones or electronic devices of any kind. This is a week for campers to unplug and enjoy their surroundings without the pressures of social media. We offer many options for you to keep in touch. You can drop off letters for your camper on Sunday, and we will hand-deliver mail each day to the campers during meal times. Please indicate first and last name and the day you want your camper to receive each letter on the envelopes. It is also a great idea to send pre-addressed and stamped envelopes for your camper to send you letters from camp. A staff member will initiate a call home when appropriate. If a camper needs to be reached in an emergency, the camp office will make the necessary arrangements.

CAMPGRAMS

CampGrams is a one-way communication tool that allow families to easily send messages to campers through the CampDoc profile. We print off the communication daily and share with campers during meal time. We will not be accepting camper letters through email this year now that we have the CampGrams in place.



ESPECIALLY FOR FIRST-TIME CAMPERS

Being away from home overnight can be a challenge for first-time, or even experienced, campers. One or two days of missing home is common at overnight camp. Only a few will experience prolonged, more intense feelings of missing home. The most common time for missing home is right before bed or during some of the rest periods throughout the day. Each camper's feelings of missing home is unique and the counselors are trained to help each camper make an independent plan for a successful and fun week. Counselors will get in touch with you if your camper's feelings of missing home is severe and they need some additional support. We rarely have campers call home or talk to their parents on the phone because it typically makes the homesickness worse and disrupts the child's ability to achieve independence.

If you are anticipating that your camper will miss home, please call and speak to one of the directors prior to your camp week. We will help you with some resources and ideas to help set your child up for a great week. If your child has not been here to see what camp is like, many times a site visit/tour, watching some camp videos, or simply a phone conversation with a friendly camp counselor can help alleviate fears.

Another important element of your camper being away from home is the fact that you will miss them as much as (if not more than!) they miss you! It is important that you do not pass your own anxieties on to your child. For example, instead of saying, "I'm really going to miss you," say, "I'm looking forward to you telling me all about the fun you've had when you get home!" Please do not make "pick-up deals," which include saying, "Just try it until Tuesday, and then I will come get you." These "deals" make it harder for children to really lean into a sense of belonging with the group. We have found that families have success when they express a positive sense of belief in the great fun and experience of camp. Refunds will not be issued for any camper who leaves camp early.

PHOTOS

While your camper is enjoying all the Kirkwood activities, we will be taking as many photos as we can to try and capture these memorable moments. You will be given a link via email a week before your camper attends camp to view the photos through smugmug.com. We do our best to capture every camper on every day. Our goal is to have the photos uploaded by 8:30 a.m. every day. There are days when it may take longer. This probably means we are having so much fun, we couldn't pull ourselves away from the activities!

PACKAGES

We ask that you do not send food in packages to or with your camper at the start of camp. In order to provide a food allergy-safe environment, as well as bug-free cabins, we like to keep food out of the cabins. You may send your camper anything else, from glow sticks to basketball hoops! If your camper is celebrating a birthday during their week of camp, please let us know and rest assured, we will make a big deal of the big day.

CABIN LIFE

Campers are assigned to either male or female cabins by biological sex and age. Each camper can request up to two cabin mates, and they must be mutually requested and within the appropriate ages. New campers are intentionally placed with a mix of new and returning campers. Campers will live with 10-12 other campers in a cabin with at least two well-trained, responsible camp leaders.

ELECTRONICS & CELL PHONES

Camp is most meaningful when campers are focused on developing relationships rather than looking at electronic devices. Thus, we ask all campers to leave electronics at home. Camp will confiscate any cell phones or other electronic devices and return them at the end of the week. Camp is not responsible for any devices. Please do not send your camper with a cell phone. Our goal is to give campers a week of cell phone-free distraction. Help us achieve this goal and prove to your campers they can thrive without their phones! We recommend starting to limit their screen and electronic time prior to camp so it is a more gradual process and not all at once.

SWIM TEST

All swimmers ages 15 and younger are required to pass a swim test before being allowed in the pool without a Coast Guard-approved flotation device (PFD) or without direct one-on-one adult supervision. Swim tests can be administered by a YMCA certified lifeguard.

To pass the test, swimmers must:

- Jump into the deep end of the pool (10ft), submerge fully, return to the surface and immediately begin swimming without pushing off the wall.
- Swim in a horizontal position on stomach and on top of the water (approximately 25 yards).
- Exit the pool without assistance using either the wall or pool ladder.

SWIMMERS WHO PASS THE SWIM TEST

Swimmers who pass the test will receive a green wristband.

SWIMMERS WHO HAVE NOT PASSED THE TEST YET

Swimmers who are still working toward passing the test will receive a red wristband and are required to wear a Coast Guard-approved flotation device (PFD).





PACKING LIST

When packing for your time at camp, we recommend marking all of your camper's clothes. Please do not send new clothes to camp since we will be outside all day and items get dirty. Before leaving camp on Friday, be sure to check out the lost-and-found table on your way out of camp.

WHAT TO BRING

- Clothes for 5 days of camp: Keep in mind, we will be doing evening activities, so a few long-sleeve shirts and pants are never a bad idea. Remember, the LIT and two-week program is a two-week stay, so be sure to bring enough clothes for 12 days of camp.
- Toiletries: Toothbrush, toothpaste, soap, shampoo, deodorant towels, etc.
- Swimsuits: We will swim in the pool every day (bring multiple suits and towels).
- Bedding: A sleeping bag/pillow or a sheet and blanket for a standard twin bed. Adventure Campers will be provided with a tent but will still need to bring a sleeping bag, pillow, and any other accommodations they might want while sleeping outside on the ground.
- Book for reading and/or small comfort items for cabin (a few fun family pictures, stuffed animal, favorite blanket).
- Sunscreen, bug spray, water bottle: Campers will fill up their water bottles at water stations throughout the day. Please be sure to send campers with labeled water bottles.
- Shoes: Closed-toed shoes good for running and climbing (Crocs do not count as closed-toed shoes). Sandals, flip-flops, or Crocs for water areas and shower. Plus socks!
- Head lamp or flash light
- Paper and pen or journal with pre-stamped envelopes to send letters home.
- Feel free to bring a hammock to set up in our hammock village to use during siestas and snack times (we have plenty of trees and will help with setting it up). Adventure campers can set up hammocks in the rustic area for sleeping on nice nights.
- Fun dress-up items for evening activities is optional. Examples of evening activities: Lip sync concert, campfire, Luau, capture the flag, talent show.
- All electronic devices must be left at home. If your camper requires a device for medical purposes, please reach out to our camp team to share your camper's medical requirements.

PLEASE BE SURE TO LABEL EVERYTHING WITH FIRST AND LAST NAME.

CHECKLIST FOR CAMP

We are looking forward to a great week. Below is the checklist of steps we ask for you to complete. These can be done on our website and in CampDoc:

- Registration complete for session
- Balance paid in full (all payments are scheduled to draft your account on file the Thursday before the start of camp)
- 100% completion for your CampDoc camper profile
- Look over packing list (what to bring and not bring, label all items)
- Go over behavior expectation with camper



CAMP STORE

New this year is our online camp store where you can purchase items in advance. We can have these items waiting for your camper in their bunk when they arrive. In addition, campers will be allowed to choose two snack items twice a week from the camp store. All other days, our kitchen will prepare a healthy snack. There is no need to send money with your camper, but purchases can be made online pre- or post-camp for on-site pick-up, or shipping can be provided. We will share the items available in the camp store for purchase via email and on our website. Purchases can be made via credit card or by purchasing a gift card in advance at ymcasenc.org/campkirkwood.

COMMUNITY HEALTH PLAN

*All campers are required to complete their online CampDoc profile and include a signed physical. Please help us keep a healthy environment for all our campers. If a child cannot participate in the program due to illness, the child must be kept at home. Please do not send a sick camper to camp. All campers must be fever free, lice free, and symptom free without the use of fever reducers for at least 48 hours prior to the start of camp. Should your child become ill while at camp, our camp nurse will reach out to you, and pick-up arrangements may need to be made. In the event of no response, we will continue to contact others on the emergency contact list for pick-up. Small cuts and scrapes will be treated by our CPR/First Aid-certified staff using standard first aid procedures. In cases of serious illness or injury, the camp director or camp nurse will contact parents immediately. Our licensed camp nurse will support the overall health of all of our campers and will be on-site throughout the entire week. We continue to take the health of our campers and staff very seriously and will follow all CDC, ACA, and Pender County Health Department recommendations as it pertains to all community health aspects. Refunds will not be issued if your child is required to return home due to illness or injury.

FORMS/MEDICATIONS

We do require that a physical signed by a medical professional be uploaded into each camper's CampDoc profile. As an ACA accredited camp, this is a requirement. If your child requires medication, please provide those items directly to the camp nurse at drop-off. All medications will be kept and handled by the camp nurse during the duration of the camper's stay. Medication must come in its original container. Unmarked medication will not be dispensed. Please make sure you have only provided enough medication for the stay of camp. On your CampDoc account, you will see a list of over-the-counter (OTC) medications that may be administered by our camp nurse if necessary. No need to send OTC medications unless your camper requires them daily.

REFUND POLICY

The YMCA of Southeastern North Carolina's refund and system credit policy is intended to maintain the overall fiscal health of the organization and YMCA community and is part of our efforts to be good stewards of our organization's resources. To receive a refund, the participant must cancel 14 days prior to the program start date. Non-refundable deposits/registration fees will not be refunded. A \$10 administrative fee will apply for processing. Our full refund policy and refund request form are available online at ymcasenc.org/refund.

OUR STAFF

YMCA Camp Kirkwood team members are carefully selected and screened to ensure the highest quality of safety, supervision, and engagement. All team members complete 80 hours of training, including, but not limited to, Child Abuse Prevention, CPR First Aid AED, Mental Health First Aid, Lifeguarding, Challenge Course, Principles of Youth Development, and Cultural Awareness. They also learn all the games, songs and activities you can imagine! In addition to our counselors, we will have our licensed camp nurse, camp leadership, and wonderful facilities and kitchen teams on-site each week. Many of our team members have been a part of YMCA Camp Kirkwood for several years through our Leaders In Training or Junior Counselor programs. We love pouring into our campers, helping them become confident, strong leaders for many years to come. We hope to see you soon.

Happy Camping!