



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHERMAN LAKE YMCA



Integrated Education School Overnight Program Guidebook

Updated January 2023

Welcome to the Sherman Lake YMCA Integrated Education School Programs

Greetings,

Welcome to Sherman Lake YMCA Camp! We invite you to review this Information Packet to help with any questions you may have about your child's experience with the Integrated Education School Programs at Sherman Lake YMCA. Inside you will find a packing list, our behavior policy, and, most importantly, the health form you and your student need to fill out and return to your teacher.

We look forward to meeting your student(s) and supporting them in creating lasting memories they will remember for years to come. If you have any questions or concerns, please contact me at 269-731-3022. Together, we build strong kids, strong families, and strong communities.

Sincerely,



[Karen Christopherson](#), Director of Character Advancement

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SHERMAN LAKE YMCA MISSION & PROGRAM PHILOSOPHY

The Sherman Lake YMCA Outdoor Center puts Honesty, Caring, Respect, and Responsibility into practice through programs that build healthy spirit, mind and body for all.

Program Philosophy

Sherman Lake YMCA's Integrated Education Program is grounded in character development and social-emotional learning through experiential programming. Each experience is uniquely designed to enhance understanding of the four principles of Honesty, Caring, Respect, and Responsibility. By focusing on these character concepts, a student learns greater self-esteem and self-reliance while increasing their emotional intelligence.

Safety

Safety is our #1 priority. Our camp staff are carefully screened during a character-based hiring process and are selected for their skills and concern for the well-being of children.

Professional program staff work directly with counselors to provide guidance and support. All staff are certified in First Aid and CPR and have been screened through the highest standards of child safety practices, including background checks. Sherman Lake YMCA is accredited by the American Camp Association.



We hire Counselors who:

- demonstrate honesty, caring, respect, and responsibility in their words and actions.
- are trained in the social-emotional learning core competencies of emotion management, responsibility, empathy, relationship building, and personal development.
- help your child develop new friendships.
- help your child learn a new skill.
- help your child interact with kids who are different from themselves.
- help your child build their self-esteem and confidence.
- help your child build independence.
- give your child an opportunity to practice their decision-making skills.

The Sherman Lake YMCA Outdoor Center is an inclusive organization that welcomes all persons regardless of race, color, national origin, sex, sexual orientation, gender identity, religion, or disability.

BEFORE CAMP STARTS

FORMS

The following forms need to be completed and signed for every student who attends school programs at Sherman Lake YMCA, with no exceptions. Please contact your student's school for due dates and where to return the completed forms.

CAMPER FORMS & DOCUMENTS:

- ☐ **Registration & Health Information Form.** This form needs to be completed and signed prior to your child's camp experience.

PACKING FOR CAMP

Your Cabin:

Campers sleep in cabins with 6 bunk beds and twin mattresses. You must provide your own bedding.



OVERNIGHT CAMP PACKING LIST ****PLEASE LABEL EVERYTHING****

What to wear (*reminder that we will be playing outside - don't wear anything that can't get dirty!*)

- ☐ Comfortable clothes appropriate for the weather
- ☐ Face mask (optional)
- ☐ Close-Toed Shoes/Athletic Shoes (for all land-based activities)
- ☐ Sunscreen (apply at home in the morning, and campers will reapply during the day)
- ☐ Insect repellent
- ☐ Hat and/or Sunglasses

What to bring for daily use (*pack in backpack, labeled with their name!*)

- ☐ Water bottle
- ☐ Sunscreen
- ☐ Insect repellent
- ☐ Rain jacket or poncho

What to bring for staying the night (*pack in overnight bag, labeled with their name!*)

- ☐ Sleeping bag or twin bedding
- ☐ Pillow
- ☐ Bath towel, wash cloth
- ☐ Shower sandals
- ☐ Toiletry items (toothpaste, toothbrush, soap, shampoo, brush, lotion, etc.)
- ☐ Warm clothing - options for layering are best as the weather changes and we will be both outside and inside
- ☐ T-shirts, long sleeve T-shirt & sweatshirt
- ☐ Jacket (for cooler evenings)
- ☐ Functional swimsuit and beach towel
- ☐ Seasonal winter clothing (coat, boots, mittens/gloves, hat, wool socks, long underwear, snow pants & chapstick)
- ☐ Optional items: notebook & pencils, disposable camera, book or deck of cards

What NOT to Bring:

Do not bring cell phones, smart watches, or other electronic items. While we do understand a parent's concern about the safety and well-being of their child, campers are not allowed to bring their cell phone to camp. Rest assured, if your child needs to talk to you, we will get them to a phone and they will call you.

What NOT to Bring (continued):

Do not bring any weapons (knives, guns), lighters, matches, fireworks, alcohol, tobacco products, or illegal drugs. Being in possession of any of these items can result in the immediate removal of your child from camp. If it comes to the attention of the staff that a camper is in possession of any of these items, the camper may be asked to unpack their bag in front of a director.

MEDICATIONS

- All medications, including vitamins, inhalers, and non-prescription medications will be collected and distributed by a designated school representative. Do not pack these items in your camper's backpack for camp.
- All medications must be in their original pharmacy containers.

LIFE AT CAMP

MEALS

Campers will eat their meals in the Great Hall of Kellogg Hall, with the occasional picnic around Camp. Meals will be a mix of buffet and family style. Every meal offers a variety of options. We are well versed in food-related allergies, special dietary needs, and our 'picky eaters'. We will ensure that everyone gets something to eat. Please make a note in your camper's health history form and contact us ahead of time if you have any specific needs you would like to discuss with our Director of Character Development and/or Kitchen staff.

BIRTHDAYS AT CAMP

Many of our campers will celebrate their birthdays while at Camp. On a camper's birthday, we will celebrate with them! They will be recognized at either lunch or dinner with a Sherman Laker Birthday song and a special dessert. A birthday reminder to your camper's teacher prior to Camp is greatly appreciated.

SAMPLE SCHEDULE OF THE DAY

In collaboration with each school, we will design the program and activities that are the best fit for their students. Here is a basic overview of a typical day within our Integrated Education Program.

8:00 am	Breakfast
9:00 am	W.O.W. Time - Words of Wisdom (Character and Leadership Story and Camp Songs)
10:00 am	Activity I
12:00 pm	Lunch
1:00 pm	Activity II
3:00 pm	Grounding Time (Small group mindfulness/grounding activity)
3:15 pm	Activity III
5:30 pm	Dinner
7:00 pm	Evening Program I
8:00 pm	Evening Program II
9:00 pm	Showers, Journals & End of Day debrief
10:00 pm	Lights Out

BEHAVIOR RESPONSE POLICY

Upon arrival, each Camper is placed in a group and given the task of helping to develop their living community. Sherman Lake YMCA Camp works hard to create an environment for everyone to succeed within the boundaries of safety and our four principles of Honesty, Caring, Respect, and Responsibility. When that boundary is broken, it is essential to provide some form of understanding and consequence.

Our counselors follow these procedures:

1. Planning and Preventative

- Counselors establish clear boundaries and work with campers to establish behavior expectations through the group's community commitment.
- Campers agree to boundaries and are aware of positive behavior expectations.
- Counselors and staff continually communicate and encourage camper behavior within boundaries. The focus will be on the positive behavior of the group.

2. Understanding and Refocus

- If issues arise, the counselors look at the camper's behavior first, or the behavior of those involved.
 - Were the boundaries clear? How did the actions relate to HCRR? Did my actions escalate or encourage a negative response?
- Camper looks at their behavior.
 - Can the campers identify boundaries in their own words? Can they understand how others were affected by their actions?

3. Action and Consequences

- If there is an issue that cannot be resolved by the camper or the counselor, appropriate action is taken. The safety of all campers and staff is central to the HCRR philosophy. Sherman Lake YMCA will work within a restorative practices framework when resolving conflicts. Actions involved will include:
 - Verbal warning and positive redirection.
 - Parents will be notified by the camp director and the camper will be given a final warning.
 - If the issue is so serious that it cannot be resolved to ensure the safety of the campers and staff, the camper will be removed from camp. *A parent/guardian is responsible for picking the camper up. There will be no refund for a camper who leaves camp due to a behavior issue.*

Behaviors that may result in dismissal:

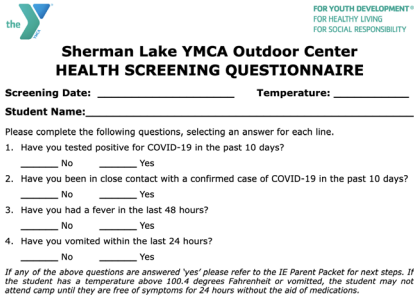
Sherman Lake YMCA Camp strives to be a place where all feel welcome and safe, both physically and emotionally. When a camper chooses to ostracize others, ridicule another camper, or use inappropriate language they will be warned one time and a camp director will contact the camper's parents. The camper will also talk to their parents. If these behaviors continue, the camper may be removed from camp.

We reserve the right to immediately dismiss campers for behaviors that we find to endanger themselves or others at Camp, either physically or emotionally. Some examples of these behaviors may include malicious acts, violence, aggression, or hate speech. Questions or concerns about your child's behavior at camp should be directed to the Director of Character Advancement.

HEALTH CARE AT CAMP

The health and safety of our campers is our number one priority. We adhere to standards and recommendations from the Department of Licensing and Regulatory Affairs (LARA) and the American Camp Association (ACA).

Our staff is trained and certified in First Aid and CPR and many are also certified as Lifeguards.



the **Sherman Lake YMCA Outdoor Center**
HEALTH SCREENING QUESTIONNAIRE

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Screening Date: _____ Temperature: _____
Student Name: _____

Please complete the following questions, selecting an answer for each line.

1. Have you tested positive for COVID-19 in the past 10 days?
_____ No _____ Yes

2. Have you been in close contact with a confirmed case of COVID-19 in the past 10 days?
_____ No _____ Yes

3. Have you had a fever in the last 48 hours?
_____ No _____ Yes

4. Have you vomited within the last 24 hours?
_____ No _____ Yes

If any of the above questions are answered "yes" please refer to the IE Parent Packet for next steps. If the student has a temperature above 100.4 degrees Fahrenheit or vomited, the student may not attend camp until they are free of symptoms for 24 hours without the aid of medications.

Prior to Your Arrival:

We ask that all campers and staff complete our brief health screenings prior to their arrival. If your camper is not feeling well on the first day of camp, please keep them home an extra day. They may attend camp when they no longer exhibit signs of illness. Campers should be fever and vomit-free without the aid of medications for at least 24 hours prior to arriving at Camp. If you have any questions, please contact your school's representative to institute a plan to safeguard the health of all campers and staff.

During Camp:

Throughout the campers' stay, counselors and staff watch for signs of fatigue, dehydration, improper eating, etc. that may indicate illness. Each morning, campers will have a routine health check, including a temperature reading and overall wellness check. If a camper expresses a health concern, they will be directed to the school representative. Parents will be notified immediately if a child has a fever in excess of 100 degrees, has been vomiting, or has evidence of lice. The parent will be asked to pick up the child immediately in any of these instances.

Should a child have symptoms consistent with a **communicable disease**, they will be rapid antigen tested for COVID-19 and isolated from other campers until the parent picks up the child. In the case of a camper having a known communicable disease, the parents of all campers from that group will be notified. Please notify us if a communicable disease occurs shortly after returning home from camp.

In the event of an **injury** that requires medical attention, the parent will be notified immediately. Arrangements will be made to meet the parent at the hospital, or for the parent to pick up the child, depending upon the severity of the injury. Please be assured that we will always contact parents when there is concern about a camper's health and/or when a situation is not progressing as expected.

COVID-19 Specifics:

Sherman Lake YMCA is committed to providing a safe, fun, and enriching camp experience for all of our participants and staff. Due to the unique nature of our overnight programming where campers and staff share a sleeping cabin and some activities will not allow campers and staff to wear a mask for safety, we are using the guidelines outlined below.

HEALTH CARE AT CAMP (continued)

Testing Positive Prior to Camp:

Campers and staff who test positive for COVID-19 and/or display COVID-19 symptoms should isolate regardless of vaccination status:

- Isolate at home for the first 5 days; and
- If symptoms have greatly improved, with no fever, no vomiting, or if no symptoms have developed, the camper or staff may attend camp during the day only on Day 6. The camper or staff member will wear a well-fitted mask until their 10-day period is complete. The camper or staff member may take part in all camp activities excluding water activities and sleeping in a cabin due to not being able to safely wear a well-fitted mask during these activities.

Exposure to a person/household contact prior to Camp:

- Camper or staff member will wear a well-fitted mask, when possible, monitor symptoms, and participate in daily rapid antigen tests (provided by Sherman Lake YMCA) for up to 10 days from the date of their last known exposure.

COMMUNICATION AT CAMP

CONTACTING CAMP

Camp office hours are Monday-Friday, 8:30 am-5:00 pm. Our phone number is: (269) 731-3030. In case of an emergency, please call Karen at (269) 731-3022.

CAMP LEADERSHIP



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