



SUMMER CAMP INFORMATION PACKET

BEFORE CAMP BEGINS

The YMCA Staff want your campers to have the ultimate camp experience. We are excited your child is joining us for a week of new friends, new skills and new experiences. This information packet is designed to acquaint you with the basic information needed to prepare for camp and help you get ready for a camp experience to last a lifetime! If you have any questions, please give us a call or drop us an e-mail!

Contact Information

Billing and Registration

Cristyna Galarza, Office Manager
cgalarza@ymcautah.org

Camp Contact

Gus Lopez-Noriega, Camp Director
gnoriega@ymcautah.org

YMCA Camp Roger
3216 S. Highland Dr. Suite 200
Salt Lake City, UT 84106
801-839-3379

REGISTRATION CONFIRMATION

Now that you have registered for Camp Roger, you should have received an e-mail detailing:

- ✓ Camps you registered for
- ✓ Balance owed on registrations and fees
- ✓ Forms required (prior to camp)

Camp fees and completed forms must be received 8 weeks before your first camp session. Campers will not be allowed to attend camp until all fees have been paid AND all forms are completed, signed and on file at the YMCA.

Payments can be made by:

- ✓ Debt/Credit card
- ✓ Check
- ✓ Cash – (in person at YMCA office)

Mail or drop off payment and completed forms to:
YMCA Camp Roger
3216 S. Highland Dr. Suite 200
Salt Lake City, UT 84106

REFUNDS

Cancellations must be received by the YMCA office in writing at least 6 weeks prior to your child's camp session. Your camp fee will be refunded minus the \$75.00 non-refundable deposit. Campers who must leave camp for medical reasons, not of their own choosing, will be sent a prorated refund upon request. A refund will not be given to those campers who miss their camp departure, fail to attend, choose to attend late/depart early or are sent home for behavioral reasons.

CABIN MATE REQUESTS

Cabin mate requests **MUST** be the same age or one year apart in order for us to place them in the same cabin. Please make sure they register for the same camp (traditional, horsemanship, extreme, etc). Cabin mate requests are limited to one individual; the idea of Summer Camp is to make new friends.

SAVE TIME CHECKING IN!

Please have the following forms (available on the website) filled out and returned to the camp office at least EIGHT weeks before your arrival.

- Liability Waiver
- Camper Info Sheet
- Completed Health Form with copies of insurance card
- Camper Code Conduct

Please have the following ready at check-in

- Camp Admission Card
- Doctors orders to any prescription medication
- Permission to possess epinephrine and/or inhaler
- Medication in original bottles

CHECK-IN TIME:

Sundays 4:30pm

- If you would like to arrive a little early we will begin grilling out at 3:30. You are welcome to join us for a BBQ and a chance to meet the camp staff before check-in begins.
NOTE: Campers **CANNOT** be checked in before 4:30pm
- Arriving before 3:30 will only increase your wait time and is discouraged
- Cabin assignments will be given out starting at 4:30pm on check-in day.
- Please note that check-in involves important preparations to ensure your child's stay at camp is successful! Our goal is to move you through the process as quickly as possible, in under an hour. However, it can take longer, depending how many campers arrive on a given day. Steps include checking in upon arrival, head checks, a visit with the health supervisor to discuss any medications, checking in at the cabin and meeting staff. Each child's health and time at camp is important to us, so please allow adequate time to ensure your child is all set.

TRANSPORTATION

Bus transportation is available to and from Camp Roger. The cost of the bus transportation is \$25 each way. Space on the bus is limited so early registration is required. The pick-up/drop-off location is behind Adib's Rug Gallery (formerly the Villa Theater) parking lot at 3092 S. Highland Dr. This is the building just north of the YMCA office.

On Sunday, please arrive in the parking lot before 3:15 for check-in and a lice check. YMCA Camp Roger has a "no nits, no lice, no exceptions" policy. The bus will leave promptly at 3:30pm. On Friday, pick up day, the bus will drop off at the same location at 8:00pm.

CAMP ADMISSION CARD

We use the Admission Card as authorization for camp check-out. Please note any persons that authorized or excluded from picking your child up from camp. Do not mail this card; it is your child's ticket into camp on opening day. On departure day we check identification. Please be sure to list any friends/family who may be authorized to pick-up you son or daughter.

HEALTH CENTER CHECK-IN

- Once you arrive at camp you will be directed to the health supervisor for a health check and review of your health form. In order for your child to attend camp, s/he must have a completed health form signed by a parent/guardian. Please include any limitations or areas of concern regarding medications, diet, behavior, or daily routine.
- All medications must be given to the health center at this time for proper storage. No one is allowed to administer their own medication while at camp, except inhalers and EPI pens and only with doctor's approval.
- All medications must be in the original container that identifies the prescribing physician, the name of the medication, the dosage and the frequency of administration. Over-the-counter medications and vitamins will only be accepted when accompanied by a doctor's prescription. **Do not pack any medication. All prescribed and over-the-counter medication must be given to the Camp Health Supervisor at check-in.**

CAMP STORE

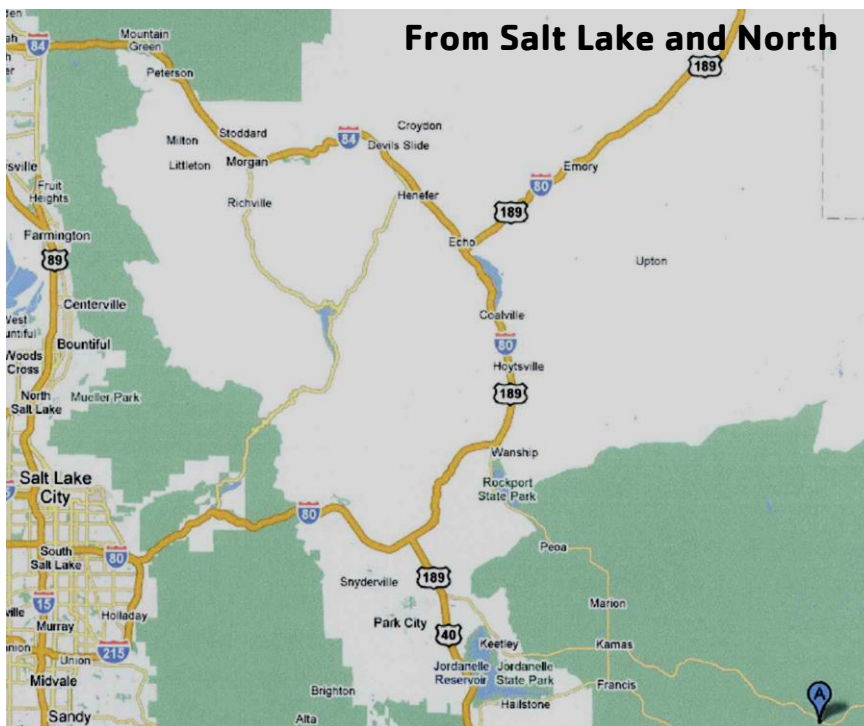
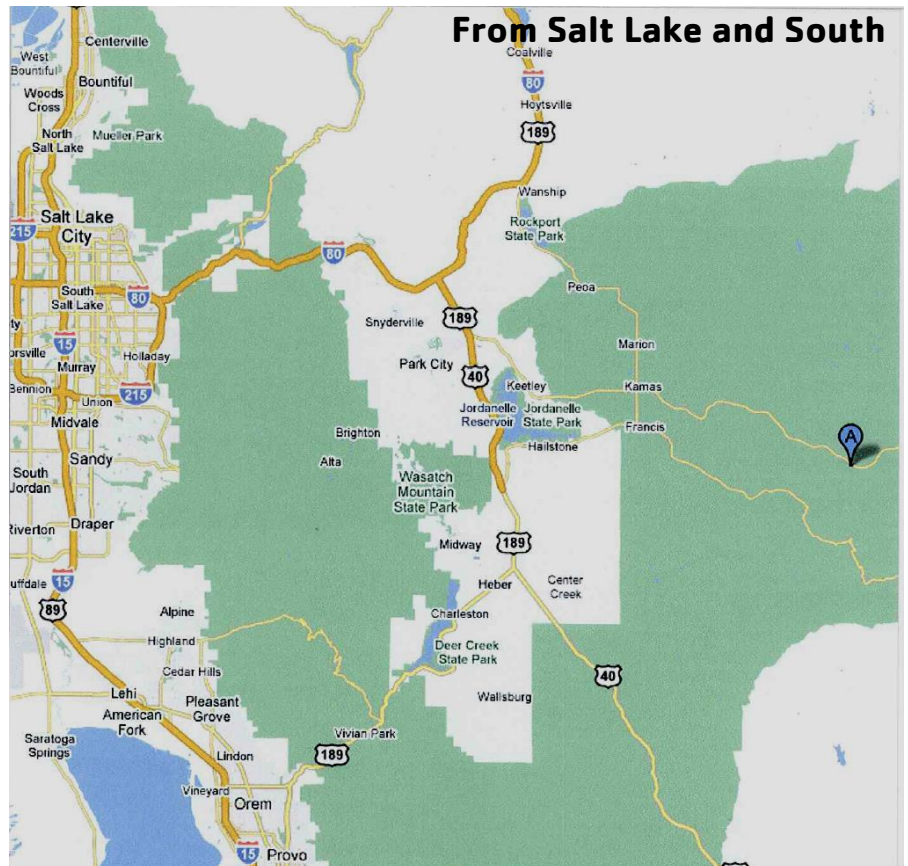
The camp store is located in the lodge. It will only be open during check-in and check-out. Items for sale will include Camp Roger gear such as sweatshirts, and water bottles. There will also be some basic necessities that may have been forgotten such as extra batteries, envelopes, and stamps. Please make your purchase at that time; campers should not have money with them while at camp.



DIRECTIONS TO CAMP

We encourage parents to drive to camp, meet the director and your child's counselors. YMCA Camp Roger is located in Soapstone Basin, 14.5 miles east of Kamas, UT on Highway 150 (Mirror Lake Highway).

1. From Salt Lake City, take I-80 east past Park City
2. Exit 146 on to US 40 *to Heber*
3. Go approximately 4-5 miles toward Heber on US 40
4. Take Exit 4 *to Park City / Kamas* and turn left toward Kamas, 11 miles
5. Once in Kamas, turn left at the first stoplight
6. At the NEXT stoplight, turn right on to Highway 150 toward Mirror Lake
7. Travel along Highway 150 for 14.5 miles until you reach Soapstone Basin
8. Turn right, go across the bridge and keep following the dirt road until you see the sign for YMCA Camp Roger *on your left*.
9. Follow the sign into camp and park in the parking lot, next to the horse corral.



GOALS AND OBJECTIVES FOR CAMPER DEVELOPMENT

The following list details goals and objectives for YMCA Camp Roger

- 1. To provide opportunities that stimulate the development of each camper's self-esteem.**
 - a. Campers will participate in getting-to-know-you games during the first 24 hours of camp.
 - b. Each camper will select her own activity during clinic time.
 - c. Staff will provide the campers with positive comments and encouragement throughout their stay.
 - d. Each camper will be awarded a dog tag at the end of the week recognizing the core value the staff saw the camper most emulate during their stay at camp.
 - e. Each camper is given the opportunity to earn recognition in activity areas for demonstrated growth and skill.
 - f. Campers will participate in nightly reflection of their daily experiences.
- 2. To help each camper appreciate the natural surroundings and share in the responsibilities of keeping camp beautiful.**
 - a. Each camper will participate in at least one nature session while at camp.
 - b. Each camper will participate in multiple campfires during their stay at camp.
 - c. Each camper will have the opportunity to participate in at least one hike.
 - d. Each camper will have the opportunity to participate in at least one night hike.
 - e. 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.
 - f. Campers and staff will participate in recycling of materials such as aluminum cans, cardboard, and paper.
 - g. Each unit will be encouraged to perform a service project at camp to help the environment such as picking up litter, recycling, erosion control, exotic species removal, and trail development.
- 3. To provide situations for each camper to set goals and challenge themselves while discovering his or her own skills and abilities.**
 - a. Each camper will participate in at least two activities during the week that will personally challenge the camper - such as team building, hiking, outdoor living skills, arts and crafts, theater or fire building.
 - b. Campers will have the opportunity to work in small groups during cookouts while they plan, prepare, and clean up after the meal as a group with each camper taking on different roles.
 - c. Each camper will sets goals towards a stronger understanding of and the ability to emulate one of the four core values - caring, honesty, respect and responsibility - throughout the week.
 - d. Campers will learn at least one new skill while at camp.
- 4. To allow each child to experience group living being a part of the camp family.**
 - a. Campers will share in daily chores such as dish washing, cleaning up the lodge, picking up around camp, cleaning bathrooms and mucking the corral.
 - b. Each camper will live in a group with other campers either in cabins. Within these groups, campers will be part of a community-making decisions and keeping the area clean.
 - c. Campers will participate in meals served family style.

CAMP STAFF

There is a director on site at all times. Camp staff have been selected for their character, enthusiasm and program skills. All staff participates in a five-day training program prior to camp and are evaluated on a regular basis to ensure high standards of performance.

CAMP SCHEDULE

Weekly highlights at YMCA Camp Roger include theme meals, cook-out and camp-out, Thursday trip to the pool, Opening and Closing campfires and much more!

A typical day at camp looks like this:

7:00am	Rise & Shine
7:45am	Flag Raising
8:00am	Breakfast/Chores
9:00am	Activity Period 1
10:30am	Activity Period 2
12:00pm	Lunch
1:15pm	Camper Choice
2:15pm	Activity Period 3
3:45pm	Activity Period 4
5:00pm	Free Time
5:45pm	Flag Lowering
6:00pm	Dinner /Chores
7:00pm	Evening Program
9:30pm	Reflection and get ready for bed
10:00pm	Lights out

Teamwork is a big part of the camp experience. As part of group living, campers will participate in cabin clean-up and chores, eat meals served family style and travel around camp with a group, or at least a buddy, at all times.

CAMPER RESPONSIBILITIES

YMCA Camp Roger is encourages participants to share in the responsibilities of keeping camp beautiful and being part of the camp family through the ownership of maintaining camp. This is done by sharing in daily chores which require about 30 minutes a day. These include dish washing, cleaning up the lodge after meals, picking up around camp, cleaning bathrooms and mucking the corral. We believe this is not only a great occasion to come together as a group and share through service, but it ensures everyone can gain pride and ownership in their camp experience.

VISITORS

We believe that camp provides an opportunity for children to acquire independence and confidence in a new environment. To assist in this growing process we ask that parents please refrain from visiting unless there is a family emergency. If you need to visit or get an emergency message to your child, please contact the YMCA office 801-839-3379 to make arrangements.

SAFETY

Safety is a main priority throughout every aspect of the camper's experience. We emphasize education and prevention by requiring campers to wear helmets while mountain biking and horseback riding, and by implementing a buddy system. While there are inherent risks in any outdoor activity, our goal is to minimize all possible risks. All staff are First Aid/CPR certified and a registered medical personnel is on site at all times. Should any serious accident or illness occur at camp, the child's parent/guardian will be notified immediately. In case of minor illness, parents will be notified if the camper requires health care for more than 24 hours. The YMCA reserves the right to send a child home if so advised by medical personnel.

MAIL/E-MAIL/PACKAGES

Kids love receiving letters from home while at camp. Because Camp Roger is not within the delivery areas of UPS, FedEx, etc. and daily trips to get letters for your campers cannot be guaranteed we have added an e-mail feature this year.

- Camp Roger has a partnership with Bunk-1, an online company that allows you to send one-way e-mails to your child (there is a small fee for this service). To register for this option visit our website at www.ymcasaltlake.org/camp.html and click the Bunk-1 link. Please note that campers are not allowed to send e-mails.
- If you choose to send mail via the post office we suggest that you mail your letter no later than Tuesday to assure delivery by Thursday. You may also bring letters on Sunday and give them to the staff at the check-in table for distribution throughout the week. Please address letters as follows:

YMCA Camp Roger
Child's Name, Cabin Number
General Delivery
Kamas, UT 84036
- All campers love packages! However, we ask that you not send food, candy or gum. Food attracts mice, raccoons, skunks, and more. All food sent to camp will be discarded. Camp provides snacks each day to your camper.
- To encourage your camper to write home so we suggest that you provide a pre-addressed, stamped card for your child.

HOMESICKNESS

Homesickness is a normal reaction in many campers. With proper handling, it can be overcome and will provide an opportunity for growth. The following suggestions will aid in avoiding homesickness

- Attend open house
- Utilize the camp brochure, website, and parent guide as a starting point for a discussion about what to expect at camp.
- Emphasize to your child how fun camp will be! A conversation about activities, making new friends, and enjoying nature can go a long way in exciting your child.
- Avoid promising your child you will pick them up or give undue attention to the issue.
- Missing one another is a normal, healthy experience. So too, is the experience of begin away and adapting to new people and surroundings. Once the camper is at Camp, please do not linger. Make your good-bye "short and sweet"
- When writing letters from home, keep the news light and happy.
- Our staff is trained in child development and work carefully to help your child adjust to this new situation.

EMERGENCIES

Our staff are trained and prepared to handle minor cuts and bruises. In the case of serious illness or an accident involving your child, you will be contacted immediately. If you plan to be away from home during your child's stay at Camp Roger, please provide the YMCA with a phone number where you can be reached. If we are unable to reach you right away, your authorization on the medical form allows us to acquire immediate medical attention.

ILLNESS

If your child becomes ill during his/her camp session we will make every effort to provide quality care and treatment. Parents are contacted by camp staff to inform them that their camper is sick. If your camper is sick for longer than 24 hours, we will ask you to come and pick up your camper. If a camper is sent home for an illness, Camp Roger will refund any fees on a pro-rated basis.

Please keep campers who are ill before the start of camp at home until they are feeling better and are not contagious. This is for the sake of your camper and others at camp.

INSURANCE

You, as parent or guardian, are responsible for any medical costs incurred while at camp. Be sure to provide accurate information regarding your insurance carrier. In the instance that your camper would need outside medical treatment, this insurance information is a necessity.

SPECIAL DIETS

YMCA Camp Roger staff will do our best to accommodate special dietary needs for your camper. Any such needs and requests will need to be made in writing and sent to the camp office with the rest of the required paperwork at least 3 weeks prior to camp.

SPECIAL EMOTIONAL/PHYSICAL NEEDS

We will make every effort to serve campers who have physical and emotional needs. However, we cannot accept camper with needs beyond our training and capabilities. Therefore, we insist that campers with such needs be brought to the attention of the Camp Staff on the Camper Health form.

Please fully describe any unique requirements on the sheet or call the camp office to discuss the situation. Camper information is kept confidential among approved staff. The Camp Director, Health Supervisor, and other camp staff approved by the Camp Director are permitted to review your camper's information. Only staff that need to know a special circumstance are informed and only the basics of what they need to know to handle the situation.

BED WETTING

Our staff is trained to deal with bedwetting in a caring and discreet manner. Please alert us about bedwetting issues on the Camper Health form at least 2 weeks prior to camp.

HORSEBACK RIDING

When participating in horseback riding campers must wear closed toe shoes (boots are preferred and sandals are not allowed) and long pants (jeans are preferred and slick pants are not allowed). Helmets are provided and they must be worn at all times.

CAMPER BEHAVIOR MANAGEMENT

Behavior mgmt. is implemented with care and respect by our staff. There are some times when a camper's behavior detracts from the overall experience of the cabin group by requiring excessive one-on-one attention from the staff. **As a commitment to the success and enjoyment of camp by each camper, we ask parents to review camper code of conduct with their child.**

DEPARTURE

We welcome you to join us Friday evenings for Camp Roger's Family Friday Festivities. Parents are invited to attend the closing ceremonies to share in and experience the magic of camp.

The festivities will run from 3:30 until 7:00pm.

If you are unable to arrive early for any of the evening activities please ensure that you do arrive by 7:00pm to pick up your camper.

The Friday Family Programming will include:

- 5:30 – Dog Tag Ceremony where every camper is awarded a dog tag for the value they worked on and/or demonstrated above all the rest that week.
- 6:30- Check-out at the cabin with your camper's counselors.
 - Opportunity for your child to introduce you to all their new friends and favorite counselors
 - Opportunity for parents to feel the joy that their child has experienced at Camp Roger

With the new schedule, parents can arrive any time between 5:30pm and 6:30pm on Friday. There is still bus service available to return the campers to Salt Lake for a nominal fee of \$30, if that's more convenient.

For Family Friday Festivities a staff member will greet you in the parking lot and direct you to the festivities. The ceremony is held at our amphitheater. Check-out occurs at 7:00pm at the conclusion of the dog tag ceremony. At that time you and your camper will report to the counselor to sign out the camper. Please do not depart with your children early.

LOST AND FOUND

All items found at camp will be sent to the YMCA office in Salt Lake at the conclusion of every session. After one month, unclaimed items will be donated to a local charity.

PARENT EVALUATION

We appreciate any feedback you are willing to give about our staff and programs. Our staff will provide you an evaluation at check-out with an electronic version emailed to you the following week. Please be sure to take the time to fill out the form and return it to us. Your opinions matter to us and will help to shape the program for next season.

During check-out the camp director and other leadership staff will be available to discuss your camper's week and answer any questions.