

Parent Survival Guide to



WELCOME

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 help you get ready for a camp experience to last a lifetime!

REGISTRATION CONFIRMATION

Now that you have registered for Camp Roger's camps, you have received a statement in this mail detailing:

- The camps you have registered your child(ren) for
- The remaining Balance owed.
- The forms that you have submitted
- The forms that are still required (prior to camp)

The remaining balance of your camp fee, along with your completed health form, waiver and camper info sheet must be received 2 weeks prior to the start of the first registered camp session. Campers are not be allowed to attend camp until camp session(s) have been paid in full AND all required forms are completed, signed and on file at the YMCA. Payments can be made by

- Debt/Credit card: Online, by telephone (801) 466-6299 or at our office.
- Check: by mail or at our office
- Cash – at our office only.

Please mail or drop off payment and completed forms to:

YMCA Camp Roger
3098 S. Highland Dr. Suite 440
Salt Lake City, UT 84106

REFUNDS

If you notify the YMCA office at least 15 days prior to your child's camp session, your camp fee will be refunded minus the \$50.00 non-refundable deposit. Campers who must leave camp for medical reason not of their own choosing will be sent a prorated refund. 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.

TRANSPORTATION

Drop off at Camp Roger is on Sunday night, campers should arrive at camp between 5:00 and 5:30 pm on Sunday (There will be a free family BBQ at 5:30) and be picked-up between 9:00 and 10:00am on Saturday

Bus transportation to and from Camp Roger is an additional fee of \$10 each direction. The pick-up/drop-off location is Adib's Rug Gallery (formerly the Villa Theater) parking lot at 3092 S. Highland Dr.

On Sunday, please arrive in the parking lot between 3-4:00pm 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 5:00pm.

On Saturday, please arrive in the parking lot by 9:45am to greet your camper when the bus arrives at 10:00am. Campers will remain on the bus until their parent or guardian is present. If someone other than the parent or guardian will pick up your child, you must provide prior written notice to the YMCA office. Also remember to pick up your child's medication from the Camp Nurse at this time. Late parents will be charged extra.

MEDICATION, DIET & BEHAVIOR

In order for your child to attend camp, s/he must have a health physical completed within the last two years with an update within the last six months. A licensed medical professional must sign the health history form in the middle of the back page and a parent/guardian must sign the bottom of the back page. Please include any limitations or areas of concern regarding medications, diet, behavior, or daily routine. 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. **Do not pack any medication. All prescribed and over-the-counter medication must be given to the Camp Nurse at check-in.**

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 risks possible. All staff are first aid/CPR certified and registered medical personnel are 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. 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.

Parent Survival Guide to



HORSEBACK RIDING REQUIREMENTS

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) when participating in horseback riding. Helmets are provided and they must be worn at all times.

CAMP STAFF

The camp director is 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.

HOMESICKNESS

Homesickness is a normal reaction in many campers. With proper handling, it can be overcome and will provide an opportunity for growth. Our staff is trained in child development and work carefully to help your child adjust to this new situation. Promising to pick up your child or giving undue attention to the issue may cause it to surface or escalate. If you think your child may become homesick, please note this on your health history form.

MAIL

Kids love receiving letters from home while at camp. We suggest that you mail via the post office by Tuesday to assure delivery by Thursday. (Camp Roger is not within the delivery areas of UPS, FedEx, etc.) You may also bring letters on Monday and give them to the staff for distribution throughout the week. We know your kids like candy but so do mice! Please no food or candy. Please address letters as follows:

YMCA Camp Roger
Child's Name
General Delivery
Kamas, UT 84036

E-MAIL

If you provided us with your email address, watch for an email prior to your child's week at camp with updates about dress up and dance themes, weather, etc.

VISITORS

We believe that camp provides an opportunity for children to acquire independence and confidence in a new environment, and suggest that parents refrain from visiting during the week. If you feel the need to visit, please contact the YMCA to arrange a visit.

EMERGENCY MESSAGES

If you have an emergency message that you must get to your camper, please call the YMCA at 801-466-6299. We will deliver your message within 24 hours.

WHAT TO PACK

When packing for camp, please remember that Camp Roger is a rustic camp located in the mountains, where there can be hot days and cool nights. Camp Roger provides plenty of opportunities to get dirty. We encourage you to pack old clothes with lots of layers. Long pants and closed toe shoes are required for horseback riding. A packing checklist has been included in the materials we have sent you. REMEMBER, it is important that your child knows what they are bringing to camp. You should take the opportunity to pack with your child so they can see what they have and know where to find it. Please make sure to label all items with your child's name.

WHAT NOT PACK

The following should not be brought to camp: cell phones, jewelry, money, matches/lighters, fireworks/explosives, guns, knives, drugs, cigarettes, illegal items, valuables, and new/expensive clothing. If any of the above items are found at camp, we will collect, label, and store them until they can be given to a parent/guardian at the conclusion of the week. If any fireworks, guns, knives or illegal items are found, the item(s) will be confiscated, the proper authorities notified, and the camper may be sent home.

Please do not bring food or candy. If you chose to send food items because your child has dietary needs, please label all items and give them to the camp nurse at check-in.

Some campers may prefer to bring electronic games, CD or MP3 players to use while on the bus. These items are allowed but not encouraged. The YMCA is not responsible for any lost, stolen or misplaced personal possessions. All unclaimed lost items will be donated to a charitable organization on September 1st.