

BEFORE CAMP BEGINS

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, 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 3 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
3098 S. Highland Dr, Suite 440
Salt Lake City, UT 84106

REFUNDS

Cancellations must be received by the YMCA office in writing at least 3 weeks 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 reasons, 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.

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 camping session. 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 three weeks before your arrival.

- | | |
|--|--|
| <input type="checkbox"/> Liability Waiver | <input type="checkbox"/> Completed Health Form |
| <input type="checkbox"/> Camper Info Sheet | <input type="checkbox"/> Copies of Health/insurance card |

Please have the following ready at check-in

- | | |
|--|---|
| <input type="checkbox"/> Camp Admission Card | <input type="checkbox"/> Permission to possess epinephrine and/or inhaler |
| <input type="checkbox"/> Doctors orders to any prescription medication | <input type="checkbox"/> 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.
- 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 \$20 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 8:30pm.

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 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 and a parent/guardian must sign the bottom of the first page. 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.**

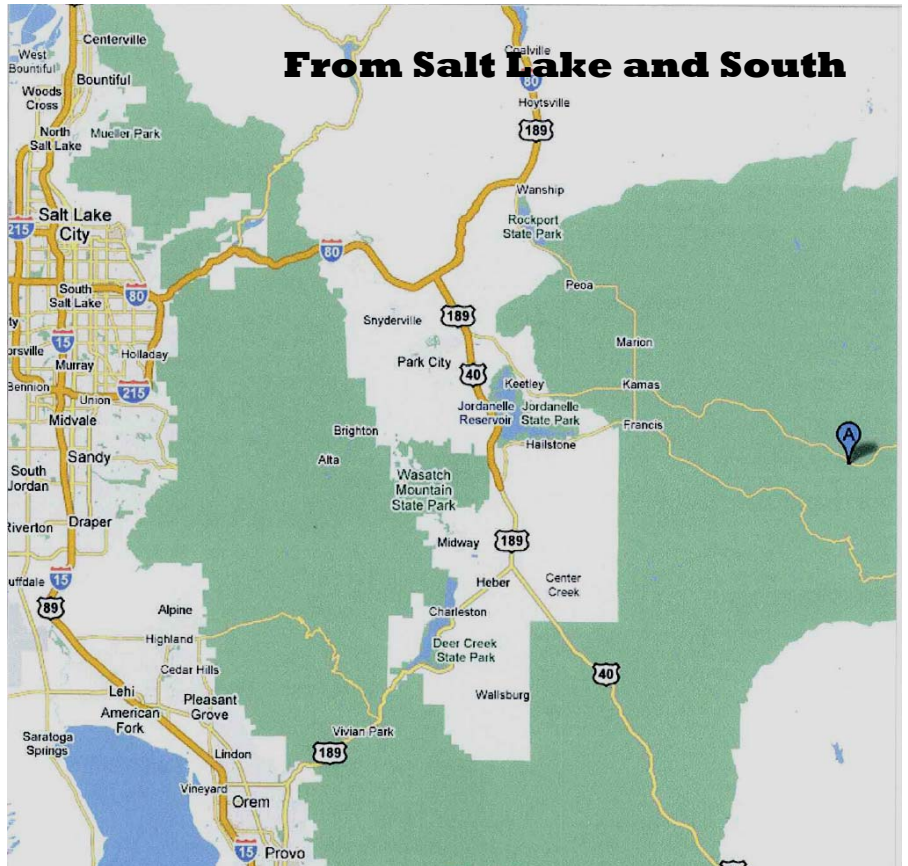
CAMP STORE

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.



While at Camp

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.

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.

CAMP SCHEDULE

Weekly highlights at YMCA Camp Roger include theme meals, Wednesday night 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	Campers 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
8:15pm	Campfire
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 and camp clean up, eat meals served family style and travel around camp with a group, or at least a buddy, at all times.

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.

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 801-466-6299 to make arrangements.

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 you 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 2 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

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.

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.**

Camper Code of Conduct

YMCA Camp Roger adheres to the highest safety standards. We also apply the four core YMCA values of Caring, Honesty, Respect, and Responsibility to all programs and activities. Camp is supposed to be a fun place for EVERYONE, so it is important that all campers follow the camp guidelines.

Please review the following code with your child.

1. Stay safe while having fun.
2. Always follow directions of YMCA Camp Roger staff.
3. All campers must be with their counselor, activity group or a “buddy” at all times.
4. Respect other campers. (This includes not hitting or verbally abusing other people.)
5. Respect the environment by not littering and don't abuse equipment or facilities.
6. Shoes must be worn at all times. Exceptions will be approved by the counselor.
7. No camper is allowed in any cabin except his/her own.
8. No camper is allowed in the cabins of the opposite sex or their bath area.
9. After lights out, campers must remain in their cabin or bath area.
10. All campers must participate in their scheduled activities. If ill, inform cabin counselor, who will direct the camper to the health supervisor.
11. No pillow fights or towel flicking.
12. I understand that these rules and guidelines are for my safety and the protection of the campers and staff.

Campers are made aware of all rules and guidelines again upon arrival. Most disciplinary situations at camp are minor and can be resolved with minimal corrections. Camp staff use discipline as a learning opportunity for the camper and try to integrate problem-solving skills into the discussion. Violating the code of conduct will result in the following:

1. **Camp Staff will first verbally warn** campers that have broken the rules. A discussion will occur between camper and counselor where goals and objectives will be set.
2. If the bad behavior persists, **campers will be restricted from that activity.**
3. Upon further violation, **camper will be sent to the camp office** for a discussion with the Camp Administrative Staff. Documentation of the negative behavior will be recorded in the form of a Behavior Contract signed by the camper, counselor, and director.
4. If behavior does not improve, parents will be notified and **child may be sent home.**
5. The camp administrative staff will discuss all decisions thoroughly before any child is sent home.

The camp administrative staff retains the right to take immediate action if the campers' behavior poses a threat to their own safety, the safety of other campers or camp staff. There will be no refund of any amount for campers who are sent home because of behavior problems.

Cigarettes, Alcohol, Illegal drugs, Weapons and Sexually explicit material and/or behavior are grounds for immediate dismissal from camp.

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:

3:00 - Dog Tag award ceremony to recognize camper accomplishments

5:00 - Delicious Barbecue in a beautiful, relaxed mountain setting

6:00 - Skits onstage at the campfire circle and an opportunity to "show-off"

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 by 3:00pm or any time between 5:00pm and 7:00pm on Friday. There is still bus service available to return the campers to Salt Lake for a nominal fee of \$20, if that's more convenient.

The trail to the chapel for the dog tag ceremony is steep and strenuous, please come prepared for the hike. Due to the location and nature of the dog tag ceremony, parents arriving after 3:00 will not be able to attend the ceremony.

For Family Friday Festivities a staff member will greet you in the parking lot and direct you to the festivities.

Check-out occurs at 7:00pm at the conclusion of the closing campfire. 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.