

# PARENT HANDBOOK

2024 DAY CAMP  
SAGE YMCA



the power of **PLAY**



Dear Parents/Guardians:

Welcome to Summer Camp 2024 at the Sage YMCA! Thank you for enrolling in the upcoming camp season at the Y. We're excited to have your family join our extended Y family, and hope your camper(s) enjoys the program as much as we enjoy running it!

Attached is the 2024 Summer Camp Handbook. Please make sure to read through this handbook as it provides relevant information for the summer camp programs.

All of the paperwork included in the Participant Emergency Information Packet is mandatory and must be submitted in full prior to your camper's first day at camp. Please be sure to write legibly when filling out the packet, as this information is vital to your camper's registration. If we cannot read the e-mail address, we cannot communicate effectively.

If you have any questions, comments, or suggestions about our summer camp programs, please do not hesitate to contact us or one of our leadership staff directly. We look forward to providing your child with a safe and fun summer!

Let's get excited to leave ordinary at the door; extraordinary is in store!

Sincerely,  
Ashley Pettinger  
Youth Development Director

Barbie Fredrick  
Early Learning Site Manager

Melissa Lejis  
Summer Camp Coordinator



## SUMMER DAY CAMP LEADERSHIP

If at any time you have questions or concerns, please let us know and we will be happy to help. Please feel free to email us or call our main telephone number, 815-459-4455, and ask for us by name. The following staff are here to assist you:

Ashley Pettinger | Youth Development Director | [apettinger@ymcachicago.org](mailto:apettinger@ymcachicago.org)

Barbie Fredrick | Early Learning Site Manager | [bfredrick@ymcachicago.org](mailto:bfredrick@ymcachicago.org)

Melissa Lejis | Summer Camp Coordinator | [ilejis@ymcachicago.org](mailto:ilejis@ymcachicago.org)

## CAMP LOCATION

701 Manor Rd Crystal Lake, IL 60014

Phone: 814-459-4455 | Fax: 815-459-5101

[www.sageymca.org](http://www.sageymca.org)

Camp hours of operation: 7 a.m.-6 p.m.

All Specialty and Sport Camps meet at Sage YMCA.

## ACA ACCREDITED

American Camp Association (ACA) is an organization with members in all 50 states that accredits all types of organized camps. Camps are accredited based on the administration, policies, and camp operation—particularly those related to program practices and quality along with health and safety of campers and staff. The standards establish guidelines for needed policies, procedures, and practices. The Sage Y Day Camp staff is committed to providing a camp program that meets the highest standards established for the camping industry.





## YMCA DAY CAMP PHILOSOPHY & GOALS

### CHARACTER DEVELOPMENT

Character Development is challenging people to accept and demonstrate the Y's four core values—caring, honesty, respect, and responsibility. It is the foundation for the development of the important character traits that will remain with a child for their entire life. The Y camp mission statement puts it best: The Y provides trained leadership and the resources of the natural surroundings to help each camper achieve his/her fullest potential in terms of mental development, physical well-being, social growth, and spiritual awareness. Challenging people to accept and demonstrate positive values is more effective than treating problems because it deals with the roots and not just the results.

Y Day Camp is important to a child's development because...

- Campers grow personally. They are given the chance to experience new things and interact with other children on a daily basis.
- Campers learn new things. Whether it's playing a new game, practicing an existing skill, or developing their social skills, children leave our camp having learned something they can remember for a lifetime.
- Campers learn to appreciate diversity in each other. We live in a multicultural community and our camp reflects this. Children learn that each person is unique. They have fun and respect each other regardless of race, religion, gender, or social status.
- Campers learn lifetime values. From the simplest of values and attitudes like sharing, sportsmanship, and giving respect to others, comes our basis for making more complex value decisions as they mature.
- Campers have fun! Without fun, the above reasons for children to attend our camp become harder to accomplish. Games, stories, hikes, field trips, swimming, sports, and crafts are all done with the children as the primary focus.

During our camps we will also emphasize the development of asset values. We will provide activities that introduce the eight major types of assets: support, empowerment, boundaries and expectations, constructive use of time, commitment to learning, positive values, social competencies, and positive identity.

By planning activities that highlight the values and assets mentioned above, we will help children focus their thinking and priorities. In doing so, you can contribute in significant ways to help them succeed, both now and in the future.



## WHAT TO BRING TO CAMP

### TO BRING

- Gym shoes (closed-toed)
- Backpack
- Water bottle (labeled/NO glass bottles)
- Sack Lunch and morning and afternoon snack (snacks are optional and not provided by the Y)
- Swimsuit & towel (bag for wet clothes)
- Sunscreen (minimum SPF 30 recommended)
- Bug repellent (optional)
- Comfortable clothing, sunglasses, hat, light jacket or sweatshirt, poncho
- Values, morals, good listening skills and smiles

### NOT TO BRING

- Sandals, flip-flops, crocs or other open-toed shoes
- Money & valuables (unless specified; i.e. field trips)
- Any electronic devices (phones, tablets, smart watches, etc.)
- Trading cards of any kind
- Unnecessary toys/sports equipment
- Weapons, alcohol and drugs
- Pets
- Inappropriate behavior, language, clothing, etc.

## WHAT TO BRING TO DISCOVERY CAMP

### TO BRING

- Sunscreen (will remain at camp)
- Water bottle (labeled with your child's name)
- Comfortable clothing and closed toed shoes
- Swimsuit and towel on designated swim/water days
- Backpack with an extra set of clothes
- Blanket for daily rest time

### LOST AND FOUND

We will have a lost and found hung up on the fence located at camp pick up and drop off; however, please label your child's clothing and articles. Towels, sweatshirts, jackets, swim goggles and water bottles are some of the most common lost items. All items remaining at the end of the summer will be disposed of or donated.



## SUMMER DAY CAMP SESSIONS

Below you will find our available sessions for Traditional and Discovery Camp:

Week 1: May 28-31

Week 2: June 3-7

Week 3: June 10-14

Week 4: June 17-21 (no camp on 6/19)

Week 5: June 24-28

Week 6: July 1-3 (no camp on 7/4 or 7/5)

Week 7: July 8-12

Week 8: July 15-19

Week 9: July 22-26

Week 10: July 29-August 2

## ADD ON SPORTS CAMP

Add on sports camps will be offering an AM and PM session this summer Monday-Thursday each week. Onsite AM offerings will run from 10am-noon; offsite 9am-noon. Onsite PM offerings will run from 1pm-3pm; offsite 1pm-4pm. Separate registration is required. The AM offering is listed first and PM is listed second for each week. \_\_\_\_\_

Week 2: Basketball; Flag Football \_\_\_\_\_ Week 7: Tennis; Bowling

Week 3: Fishing; Tennis \_\_\_\_\_ Week 8: Fishing Camp; Soccer

Week 4: Preschool Sports; Pickleball \_\_\_\_\_ Week 9: Flag Football; Rock Climbing

Week 5: Soccer; Mini Golf \_\_\_\_\_ Week 10: Volleyball; Basketball

\* Week 4 is a 3-day camp only running Monday, Tuesday, and Thursday.

## REGISTRATION

Registration forms need to be completed with a \$30.00 non-refundable and non-transferable deposit per week per child.

It is important that your information on the enrollment forms is current and accurate.

The following forms must be completed and returned to the Y prior to the child's start of camp; your child will not be able to attend the program until all paperwork is received and recorded.

- Registration form
- Participant Emergency Information Packet
- Medication and Special Medical Form- Severe Allergy & Anaphylaxis Emergency Plan (if needed)
- Parent Handbook Acknowledgement Page

Any changes to the emergency packet (phone numbers, addresses or authorized/unauthorized people who may pick up your child, etc.) must be updated via email to the camp leadership email at [sagedaycamp@ymcachicago.org](mailto:sagedaycamp@ymcachicago.org).



## FINANCIAL ASSISTANCE

Financial assistance is available to pay for camp through Community Coordinated Child Care (4-C). If you qualify, 4-C assistance can be applied to all ten (10) weeks of camp.

Applications for financial assistance and instructions for completing the application may be picked up at the Sage YMCA Front Desk. You may also contact them directly at 800-848-8727 or 815-758-8149. You must submit all forms to 4-C directly 30 days prior to attending camp. You do not need to be a member of the Sage YMCA to receive assistance from 4-C.

If you do not qualify to receive funds through 4-C, you may apply for a scholarship through the Sage YMCA. The Sage YMCA has scholarships available through our Annual Fund which was generated through donations and gifts from staff, members, and the community. Sage YMCA scholarships are reserved for Sage YMCA members only. These scholarships cannot be applied to any Specialty Camps. Assistance is based on annual income, family size and supporting documentation.

A \$30 deposit per week is required to hold your child’s spot in camp, even if you have applied for DHS or Financial Assistant. Upon approval, this deposit will be applied to your co-pay.

Due to current processing times, financial assistance applications are due before April 15, 2024 and the Y Scholarship application is due before May 15, 2024. Please contact the Enrollment and Eligibility Coordinator for more information. Lamy Cristillo [lcristillo@ymcachicago.org](mailto:lcristillo@ymcachicago.org) or 312-545-1730.

**Note: in order to receive financial assistance you must hold an active membership with Sage YMCA.**

## PAYMENT INFORMATION

- Traditional, Discovery, Sports and Specialty camp slots will be held with a \$30 non-refundable and non-transferable deposit.
- All children must be registered and paid in full by the Wednesday prior to attending the week of camp. A \$15 late fee will be added for payments & registrations made after the Wednesday before the week of camp.
- Payments set-up on automatic deduction will follow the schedule below.

CAMP SESSIONS	DUE DATE	DRAFT DATE
May 28-31	May 22	May 15
June 3-7	May 29	June 1



June 10-14	June 5	June 1
June 17-21	June 12	June 15
June 24-28	June 19	June 15
July 1-3	June 26	July 1
July 8-12	July 3	July 1
July 15-19	July 10	July 15
July 22-26	July 17	July 15
July 29-Aug 2	July 24	July 15

- All children must hold a valid youth or family Y membership to receive the member rate, and it must remain valid until September 1, 2024. If the membership is terminated prior to September 1, 2024 the non-member rate is due on all camps attended.

## REFUNDS AND CANCELLATIONS

- **Camp deposits for all camps are non-refundable.**
- **Camp deposits for all camps are non-transferable.**
- All cancellations must be in writing 14 business days prior to the start of registered camp week and will be issued as a voucher for use toward other Y fees. The deposit will be forfeited.
- All cancellations made less than 14 business days prior to the start of registered camp week will be non-refundable and non-transferable.
- In the event the YMCA cancels a camp week, all money paid, including the deposit is refunded.

Any changes in camp registration must be emailed to camp leadership at [sagedaycamp@ymcachicago.org](mailto:sagedaycamp@ymcachicago.org).

Parents/Guardians are responsible for CCAP balances. Childcare vouchers on the account will be applied to unpaid balances.

**The refund/payment policies stated above are strictly enforced to allow completion of camp preparations ranging from staff hiring, camper groupings, supply purchasing, and informational mailings. Your understanding and cooperation is greatly appreciated.**

## BEFORE & AFTER CARE

Extended care is available for campers enrolled in our full-day school age camps from 7am-9am and 4pm-6pm. Campers can arrive as early as 7 a.m. and stay as late as 6 p.m. for no additional charge. Campers only enrolled in Sports Specialty Camp are not eligible for before and after care as this camp runs from 10am-noon and 1pm-3pm.





Before and after extended care drop-off and pick-up is located to the west of the building in the camp circle. Pick-up and drop-off procedures listed will be strictly enforced.

Campers will have various activities to choose from and will be supervised by Y staff. Activities will include board games, art and crafts, group games and outside play.

## **CAMP PICK UP & DROP OFF PROCEDURES**

Parents/guardians are required to sign their campers in and out of camp.

All drop-offs take place to the west side of the YMCA building between 7am-9 am. We offer curbside drop-off where you can stay in your vehicle, sign your camper(s) in, and a counselor will get them out of the car and to their camp group.

After 9 a.m. (or once the barricades are closed) all sign-ins must be done inside the YMCA at the camp check-in table. If the weather does not permit the children to be outside, day camp will be moved inside, the barricades will be closed and check in/out will be moved inside.

Art and Nature specialty camp drop off will take place to the west of the building in the camp circle. Sports Add on camp drop-off and pick-up will be done inside the Sage YMCA at the camp check in table.

All pick-ups take place on the west side of the YMCA building between 4:00pm-6pm. Pick-up before 3:30 p.m. is done inside at the camp check in table. Everyone will be required to show a photo I.D. when picking up a child until we become familiar with families.

If someone other than the parent/guardian (must be over age 18) will be picking up your child, that person must be listed on the child's authorized pick-up list (in the *Participant Emergency Information Packet*). Your child will not be released to anyone not on the list without your written consent, no exceptions. These procedures are strictly enforced; it is for your child's protection. For changes, please email the [sagedaycamp@ymcachicago.org](mailto:sagedaycamp@ymcachicago.org) email.

## **CUSTODY & PARENTING TIME ARRANGEMENTS**

The obligation of Y staff is to ensure a safe and fun environment for your child. We understand that participants come from a variety of different family structures and situations, and may result in various custodial arrangements. The Y does not make rules regarding or alter custody and/or



parenting time agreements issued by an applicable Court of Law. The Y does not act as a mediation to these circumstances.

In the event that a court order is in place, the adult registering the participant (“Enrolling Adult”) will designate who is authorized to pick up and drop off the participant via the Participant Emergency Packet. Enrolling adult(s) must provide a copy of any court-issued documents regarding the restriction of release of participants in our care. Adults are responsible for resolving any issues that may arise from the participant’s enrollment in our programs. For consistency, any requests for program information must be included in a court order or subpoena.

### **LATE PICK-UP POLICY**

Due to our accreditation and because our staff have family and personal responsibilities after work, our program ends firmly at 6:00 p.m. After 6:00 p.m. late fees will be assessed as follows:

6:00-6:10 p.m.      \$10 late fee per child

6:11-6:20 p.m.      \$20 late fee per child

6:21-6:30 p.m.      \$30 late fee per child

6:31-6:40 p.m.      \$40 late fee per child

After 6:40 p.m., with late fees continuing to occur in 10 minute increments, if unable to contact any responsible guardian, staff will contact emergency services.

The late fee charges will be required to be paid before your child’s next day of camp.

### **STAFF**

Our camp staff is selected on the basis of responsibility, ability to relate to children, and sensitivity to each child’s individual needs.

Our staff receives 40+ hours of training before your camper’s summer begins as well as throughout the summer by the Y Directors and Managers. Training includes but is not limited to CPR/AED, First Aid, Child Abuse Prevention, emergency procedures/risk management, behavior management, discipline policy, character development, program curriculum, lesson planning, pool procedures, field trip procedures, transportation, customer service, and parent communication. All staff are trained mandated reporters.

Our professionally trained and enthusiastic staff is the key ingredient to a positive camping experience here at the Sage Y.

Please note: Y camp staff is not permitted to babysit for families involved in our Y programs while they are employees of the YMCA.



## CAMPER TO STAFF RATIOS

Children are grouped in units based on what grade they are entering in the fall.

Traditional Camp splits into 3 groups, Red (grades 1-2), Yellow (grades 3-4) and Blue (grades 5-8). The children are then divided into smaller groups with 2-4 counselors in each group. The ratios by standards of the ACA are as follows:

Age (years)	Counselors to Campers
4-5	1:6
6-8	1:8
9-16	1:10

The ratio per DCFS is 1:10 for Discovery Camp.

## HEALTH

### ILLNESS

Parents will be notified if their child has not been feeling well for a continued period of time. The Y is not licensed to provide care for sick children. Therefore, parents or an emergency contact must come as soon as possible. Any child absent from the program due to a serious or contagious illness must notify the Y and have a doctor's note to return.

### CHRONIC HEALTH CONDITION

Any chronic health condition must be documented by a licensed medical professional on the Participant Emergency Information Packet. You will also need to meet with a camp leadership staff to review necessary information.

### ALLERGIES

It is your responsibility to let us know on the Participant Emergency Information Packet if your child has any allergies along with your child's possible reaction should they come in contact with the allergen. (See medication section for more information).

### MEDICATIONS

If medication must be taken during camp hours, you will need to indicate that on the *Participant Emergency Information Packet* and complete the *Permission to Dispense Medication form* and/or *Severe Allergy and Anaphylaxis Plan*. All medications are to be provided by the parent/guardian of camper(s).

**Inhalers & Epi-Pens:** These must be given to a camp leadership staff to be kept with the camp staff; any inhaler or Epi-Pen **must be in the original container that has the doctor's prescription on it.**



If the prescription label is not on the device/inhaler/etc., a note from the prescribing healthcare provider with the patient's name, dosage and instructions for use is required.

Storage: All medications are stored under lock or in a secure area away from children.

Dispensing: Only medications (prescription or over the counter) that are in their original container and are accompanied with specific written directions from a licensed medical professional are dispensed to children by authorized camp staff.

Medication Log: The Y uses a log for all medication dispensed.

## **ACCIDENTS/INJURIES**

For minor injuries, such as cuts, scrapes, bruises, and bug bites, staff will assist and oversee the camper while cleaning the affected area with soap and water immediately and then will cover with a bandage. If needed, an ice pack will be applied to the affected area. All minor injuries will be communicated to parents during camper pick up.

For serious injuries, or any incident where there may be cause to question the severity of the injury (such as a bump on the head), the staff will contact camp leadership staff immediately. The camp leadership will contact the parents/guardians and, if deemed necessary, notify the Crystal Lake Fire Department/Paramedics.

## **BEHAVIOR POLICIES**

### **PARTICIPANT EXPECTATIONS**

In our programs, our top priority is to provide a safe and enriching experience for all children. To do this, we must work together to develop the best plan for each individual child. To ensure this nurturing, culturally diverse, and safe environment, children are expected to be a part of groups ranging in ratio of 1:6, 1:8, or 1:10, depending on their age. If additional accommodation is needed, be sure to include such in your paperwork and/or notify a staff member. Our goal is to work together with both the child and family to address and accommodate any behavior concerns; however, if a child cannot display appropriate behavior, then additional actions will be taken.

### **Be Responsible:**

Each child is responsible for helping create an environment that is comfortable and fun for all. Children should cheer one another on, have a positive mindset, try new things and use their imagination.



### Be Respectful:

Each child is expected to treat everyone with respect. Children should be kind to staff, peers and property, invite others to play (being inclusive), adhere to staff directions and directives and use positive language.

### Be Safe:

Each child is expected to help foster a safe environment physically, mentally and emotionally; if a child sees something, they should say something. Children should keep their hands and bodies to themselves, follow safety procedures, camp routines and transitions, remain in assigned areas, respect others' ideas during discussions, and respect personal space and people's requests.

### 4-STEP BEHAVIOR PROCESS

If a child repeatedly exhibits disruptive behavior as defined as verbal or physical conduct which may include, but is not limited to: behavior that requires constant attention from the staff, behavior that inflicts physical or emotional harm to self and others, and/or behavior that ignores or disobeys the program expectations for acceptable behavior, a behavior report will be completed and the following process will be followed:

- **Step 1** – YMCA staff will talk with children and their responsible adult(s) to acknowledge feelings, gather information and create a plan to repair any harm caused.
- **Step 2** – If disruptive behavior persists, responsible adults will be asked to come to the program as a partner to discuss the issues and assist in creating a Positive Behavior Support Plan. YMCA staff will monitor behavior closely and provide regular feedback to the child and his/her parents.
- **Step 3** – If the disruptive behavior persists or the child does not follow the plan created and agreed upon, the child may be asked to take a break and/or suspended from the program by being picked up by an authorized person. At an agreed upon time, a discussion will be had to discuss any additional support that the child might need to be successful and the length of the child's suspension from the program.
- **Step 4** – If the prior interventions are not successful AND the child's disruptive behavior is impacting the physical or emotional safety of themselves, Y staff or other children an alternative placement will be discussed, and the child may be dismissed from the program for the remainder of the session.

**Please note that some behaviors—such as any action that poses a direct threat or threatens the physical/emotional safety of the child or others—can result in IMMEDIATE SUSPENSION.**



\*No refunds or credits will be given if a child is terminated from the program or picked up early due to unacceptable behavior.

## ADULT CODE OF CONDUCT

The Y requires adults of enrolled participants to act in a manner consistent with the Y values of caring, honesty, respect, and responsibility.

The Y's goal is to provide the most appropriate environment in which youth can grow, learn, and develop. Achieving this ideal environment is not only the responsibility of the staff, but also the responsibility of each and every adult involved in the program. Adults are required to act in a manner that fosters this environment.

- **Swearing/cursing:** No adult is permitted to curse or use inappropriate language in a Y program, whether in the presence of participants or not. This includes phone conversations and written communication with staff. Such language is considered offensive and will not be tolerated.
- **Threats:** Threats of any kind towards staff, participants, or other adults will not be tolerated.
- **Disruptive and Disrespectful Interactions:** While it is understood that parents will not always agree with the staff or the adults of other participants, it is expected that all disagreements be handled in a calm and respectful manner. Disruptive and disrespectful interactions are not an appropriate means by which to communicate and are prohibited.
- **Addressing Program Participants:** Adults are prohibited from addressing, for the purpose of correction or discipline, a participant that is not in their care while in program. No adult may physically or verbally punish another participant. If an adult should witness another participant behaving in an inappropriate manner, or is concerned about behavior reported to them by their own child, this should be directed to leadership staff.
- **Confidentiality:** It is unsuitable for a participant's adult to seek out another participant's adult to discuss inappropriate behavior of any participant. All behavior concerns should be brought to program leadership. The staff will address all behavior concerns in accordance with the Y's behavior management model. Although you may be curious about the outcome, staff are prohibited from discussing anything about another participant with you.
- **Safety:** Adults are required to act safely at all times. Please refer to the facility agreement outlined in the Participant Emergency Information Packet. Any adult acting unsafely on Y premises will be asked to leave.



Adults who violate the code of conduct may be asked not to return to the program. Participants can be removed from the program based on inappropriate behavior of their adult in the Y environment, at the discretion of the Camp Director and/or the Vice President of Out of School Time and Camp.

## **DAILY CAMP INFORMATION**

### **ABSENCES**

If your child is going to be absent from the program, please contact the Sage YMCA Day Camp email at [sagedaycamp@ymcachicago.org](mailto:sagedaycamp@ymcachicago.org) to report the absence. If a child is absent from the program and this absence is not reported, a staff member may contact you regarding the status of your child. Refunds will not be given for missed camp days unless there is a serious illness and a doctor's note is provided (with the approval of the Youth Development Director).

### **CAMPER DRESS**

Please write the child's name on articles that are brought/worn to camp. Socks and gym shoes are required. No sandals, flip-flops, or open-toed shoes are allowed. All children need to dress for the weather. On cool days, sweatshirts or jackets may be necessary. On hot days, shorts and light colored clothing are appropriate. Please have your child wear clothes that can get dirty – this is Summer Camp after all!

Clothing of campers should not be inappropriate in any way. Inappropriate dress includes and is not limited to the following: shorts shorter than fingertip length; clothing promoting alcohol, drugs, tobacco products or are gang related; t-shirts that are sexually aggressive or explicit; clothing that does not appropriately cover the body (midriffs are not allowed to show, with the exception of swimming attire). Per the aforementioned 4-Step Behavior Process, disciplinary action may be taken including but not limited to the child changing or the parent/guardian being called to pick up the camper.

### **CELL PHONES**

Cell phones may NOT be brought to camp. Any children seen with cell phones will have them confiscated and returned to parents/guardians at pick up. If you need to contact your child, you may call the appropriate number for your child's age group. Grades 1 and 2 can be reached at (815)200-7530, grades 3 and 4 at (815)250-7303 and grades 5 through 8 at (312)221-8098 and we will relay a message to your camper(s).

### **FIELD TRIPS**

Field trips will be taken on Friday of each week. Campers need a sack lunch and a drink with containers that can be thrown away. All campers need to wear their camp t-shirt on field trip days. Campers will not be allowed on the field trip without their field trip shirt. They will receive their field



trip shirt on their first Friday of summer camp. Parents will be made aware if campers may bring money on field trip days for snacks, souvenirs or extra activities. Field trips are subject to change due to weather and other unforeseeable circumstances. Refunds and/or session changes are not given based on field trip changes. *Campers must be at camp by 9AM on field trip days in order to attend the trip. There will be no drop off's accepted after 9AM/when the barricades are closed at the circle.* The campers will return no later than 4PM unless otherwise notified via remind in writing by the camp director. For example, in cases of an accident or construction.

Field trips that are not within walking distance of the Sage YMCA will require transportation via bus. Children who are transported for field trips and special events must follow the written rules for their safety and the safety of all involved. (See Transportation)

*Field trips during camp are a privilege. The ability to participate in field trip activities is subject to appropriate behavior during the camp week prior to a field trip.*

## **LUNCH & SNACKS**

Please send a sack lunch with your child every day. You may also send a morning and/or afternoon snack with them (we do not provide snacks at camp). If you do not provide a lunch for your child, you will be called and asked to bring one. There is no refrigeration available; we suggest packing an ice pack for your child's lunch. Group lunch bins will be brought inside after attendance at 9:30am. We will have water coolers/drinking fountains that are refilled throughout the day to refill their water bottles. It is very important that you send your child to camp with a refillable water bottle. They will be engaging in high levels of activity throughout the day. Campers who are consistently provided a water bottle by the YMCA will receive a charge on their account. All children and staff are required to wash their hands prior to lunch, snacks or handling of food.

Discovery Campers are provided a morning snack, lunch and an afternoon snack daily.

## **SPECIAL EVENT INFO**

Thursday, May 23 @ 6:30pm

Meet the Counselor/Parent Orientation Ice Cream Social

Join us for our Meet the Counselors/Parent information night from 6:30-7:30 p.m. at Sage YMCA. Enjoy some ice cream and mingle with the camp staff. This is a great time to have all your last-minute questions answered, as well as prepare your camper for their first day of camp!

Thursday, June 27 @ 6:30pm





Camp Talent Show – This event is only for children who are registered for Week 5 (June 24<sup>th</sup>–28<sup>th</sup>) of camp. At least one parent/guardian is required to stay throughout the event. Camp counselors will be running the show. More information to come!

## **SCHEDULES**

Camp staff write weekly lesson plans prior to the sessions. Activities may vary from day to day including but not limited to: sports, character development, arts and crafts, games, skits, songs, teambuilding, swimming, and more.

## **SUNSCREEN**

Please apply sunscreen to your camper(s) before dropping them off at camp. We also suggest that you send sunscreen to camp with your child. Your child will have frequent opportunities to apply sunscreen throughout the day. Sage Y camp staff will do our best to assist your child while they apply it to their skin. Spray sunscreen is recommended. Sunscreen is NOT provided by camp. Hats/visors are always recommended for camp.

## **SWIMMING**

Children participating in our camp programs will enjoy and participate in recreational swimming at the Y. Every child is required to complete a swim test to check their swim level and whether they can swim in the deep end or must remain in the shallow end. Depending on the child's swimming ability, your child may be required to wear a life jacket (U.S. Coast Guard approved) while in the water (at the Y or on waterpark field trips). While campers will not be forced to swim, they will be expected to change into their swimsuits during their groups designated swim time and be on deck.

Lifeguards are on duty whenever the pool is open. Camp counselors are in the water and on deck supervising and engaging with children. Lifeguards are trained in CPR/AED, First-Aid, lifeguarding, Child Abuse Prevention and Blood Borne Pathogens.

Swimsuits: Campers are required to wear swimsuits. Males should wear a swimsuit with a lining. If inappropriate swimwear is worn at camp the child will not swim and will be asked to change or a parent/guardian may be called to pick up the child from camp or bring change of clothes.

## **ABCs of Day Camp**

### **BABYSITTING:**

YMCA camp staff is not permitted to babysit for families involved in our YMCA programs while they are employees of the YMCA.

### **BULLYING**

Bullying is a form of youth violence and an adverse childhood experience (ACE). CDC defines bullying as any unwanted aggressive behavior(s) by another youth or group of youths, who are not siblings or current dating partners, that involves an observed or perceived power imbalance, and is repeated



multiple times or is highly likely to be repeated. Bullying may inflict harm or distress on the targeted youth including physical, psychological, social, or educational harm.

Common types of bullying include: Physical such as hitting, kicking, and tripping; Verbal including name-calling and teasing; Relational/social such as spreading rumors and leaving out of the group; Damage to property of the victim

Bullying can also occur through technology, which is called electronic bullying or cyberbullying. A young person can be a perpetrator, a victim, or both (also known as “bully/victim”).

At the Sage Y, bullying is inexcusable, and we have a firm policy against all types of bullying. Each child is expected to treat all other children with respect and to help each other achieve the best possible experience. If a camper has difficulty meeting this expectation, parents may be called upon to assist. We work together as a team to ensure that children gain self-confidence, make new friends, and go home with great camp memories!

Unfortunately, people who are bullied may not have the same potential to get the most out of their camp experience. Our leadership addresses all incidents of bullying seriously and trains staff to promote communication with staff and their groups so both children and staff will be comfortable alerting us to any problems during their camp experience. We can't manage an incident if we don't know about it. Every person has the right to expect to have the best possible experience at camp, and by working together as a team to identify and manage bullying, we can help ensure that all children and staff have a great summer at the Y.

### **DANGEROUS WEAPONS**

Campers who bring any item to camp designed to cause bodily harm or any item that is deemed potentially harmful will have it confiscated and the parents/guardians will be notified. Bringing such items to camp may result in children being sent home and/or suspended from camp. All types of dangerous items (including knives) must be kept off camp property. Items confiscated will only be returned upon request from the parents/guardians.

### **EMERGENCY & WEATHER PLANS**

Our program has emergency/response plans in place to include evacuation, shelter in place, lock-out and lock-down. Staff is trained in these plans and we do conduct periodic drills.

For all camps residing at the Y site, the Fire Department will notify the camp of all-weather warnings issued by the U.S. Weather Service.

If necessary, the children will be brought inside of the Y where the campers will continue with activities. Whenever camps are off-site, there are pre-designated safety shelters.

### **FIGHTING**



The Y does not tolerate campers who harm other campers or counselors. This includes and is not limited to degrading, demeaning, threatening, or physically harming another child or staff person. Any child or group of children found to be harassing, making fun of or intimidating other children or counselors will be subject to disciplinary actions including being sent home or suspended from camp.

## **GANGS**

Children will refrain from any gang related activity while at camp including:

- 1) Wearing, possessing, using, distributing, displaying or selling any evidence of a membership or affiliation in a gang.
- 2) Committing any act or omission, using any verbal or non-verbal speech (gestures, handshakes, drawing pictures, etc.).

## **INCLUSION/DIVERSITY – AMERICANS WITH DISABILITIES ACT COMPLIANCE**

In accordance with the Americans with Disabilities Act, The YMCA of Metropolitan Chicago does not discriminate against persons with disabilities.

If your child has an IEP or a 504 plan during the school year, you may choose to be connected with our Inclusion Department. Doing so creates a partnership to determine and plan for support in order to promote the most successful summer experience for your camper. The Inclusion Department can be reached at [inclusion@ymcachicago.org](mailto:inclusion@ymcachicago.org).

## **INSURANCE**

The Sage Y Summer Camp program does not provide accident insurance for your child. Insurance and payment of treatment is the responsibility of the parent/guardian

## **NEWSLETTERS AND COMMUNICATION**

All camp communication and announcements will be sent out via the *REMIND* app. You can also message camp leadership through the app. It is each family's responsibility to sign up for the app. Directions on how to sign up are included on the second to last page of this handbook.

Periodic emails may also be sent out by the camp leadership staff regarding updates and other necessary information. These will be sent to the email address associated with your child's Y membership account.

If you need to reach camp staff immediately, please call the front desk at (815)459-4455.

## **OBSCENITY**

Obscene, profane, or vulgar language that is written, oral or expressed by symbols will not be tolerated. Being respectful of children and staff is expected. A violation of this policy will result in disciplinary action.



## **PARENT VISITS**

The Y has an open door policy for the parents/guardians of all campers. Parents are invited to visit camp at any time and do not need to ask permission to do so, **but** must not interfere with or disrupt the ongoing activities. Also, please introduce yourself to our staff and let them know you are visiting.

## **PHOTOGRAPHY**

Photographs and videos, which may include the children, are sometimes taken for use with the Y (social media, program brochures, flyers, newspaper articles about the center, etc.)

## **RELEASE OF PERSONAL INFORMATION POLICY**

It is the Y's policy to not release information about our children or their families without a signed release form. All medical and personal forms and information on the children are the property of the Y and will remain on file after the child leaves the program.

## **SEARCH OF PERSONAL PROPERTY**

Camp staff reserve the right to inspect a camper's property, with the aid of law enforcement officials, if the Camp staff deem the search is necessary to maintain the integrity of the Camp's environment or the protection of the group participants, staff, or other campers.

## **TRANSPORTATION**

Transportation to off-site field trips either provided by approved bus vendors who provide safety compliance letters, or on buses driven by Y staff who have gone through a background check and through driver training.

Camp staff maintain staff to camper ratios when on buses and ensure safe behavior with campers when riding on buses. Campers are not permitted to stand, move about, or disrupt the bus environment to ensure safety of all passengers and the driver.

## **BUS RULES**

1. All passengers must wear a securely fastened seat belt if available.
2. Children must be seated and facing forward at all times.
3. No food or drinks are to be consumed on the bus/van.
4. Children must keep their hands and feet to themselves and inside the bus at all times.
5. Destruction of seats or any other property on the bus is not allowed.
6. No yelling, screaming, or distracting the bus driver.
7. No throwing objects inside the bus, or out of the bus windows.
8. Staff will be dispersed throughout the bus for maximum supervision

## **VANDALISM**

Campers involved in vandalism or malicious mischief against camp property, other children or staff members will be disciplined accordingly. Payment to repair any damage accrued as a result of the



vandalism is the responsibility of the camper's parent/guardian. Violation of this policy may result in the camper being suspended from camp.

### **VENDING MACHINES**

Campers are not allowed to use the vending machines during camp hours.

### **YMCA'S COMMITMENT TO SAFETY**

We're committed to an environment where open, honest communication is the expectation, not the exception. We count on our members, employees, and volunteers to let us know if they become aware of any criminal conduct or violations of our Code of Conduct by contacting camp leadership staff.

In situations where you would prefer to anonymously or confidentially make a report, you are encouraged to use this helpline, which is hosted by an outside provider, EthicsPoint. Concerns about child safety, violations of policy, illegal activity, requests for guidance regarding policies, as well as positive suggestions and stories may be reported to the helpline in strict confidence.

EthicsPoint Hotline: 855.249.5700. Learn more at [ymcahicago.org/report](http://ymcahicago.org/report)

# Remind

Get information for Sage YMCA Day Camp 2024 right on your phone—not on handouts.

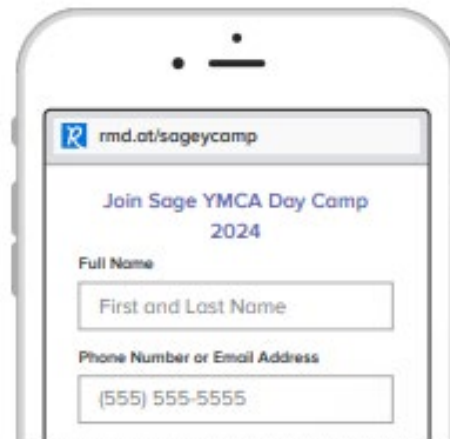
Pick a way to receive messages for Sage YMCA Day Camp 2024:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/sageycamp](https://rmd.at/sageycamp)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



**B** If you don't have a smartphone, get text notifications.

Text the message @sageycamp to the number 81010.

If you're having trouble with 81010, try texting @sageycamp to (563) 265-6842.

\* Standard text message rates apply.



Don't have a mobile phone? Go to [rmd.at/sageycamp](https://rmd.at/sageycamp) on a desktop computer to sign up for email notifications.



Please return this signed page with the enrollment paperwork:

I have received and read the Sage YMCA Summer Day Camp Parent Handbook. I understand and agree with its contents:

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Print Name of Parent/Guardian

Signature of Parent/Guardian

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Child's Name

Date