

# YMCA CAMP CONRAD WEISER

EST. 1948

## PARENT HANDBOOK

SUMMER 2023



— ACCREDITED BY —  
**PRAESIDIUM**  
— 2022-2025 —



**SOUTH MOUNTAIN YMCA CAMPS**

**610-670-2267**

**SMYMCA.ORG**

**ycamps@smyymca.org**





## YMCA CAMP CONRAD WEISER

### Quick Facts

Camp Conrad Weiser Director: Cory Evans (cevens@smymca.org)  
Senior Director

Our Address: 201 Cushion Peak Road  
Reinholds, PA 17569

Our Phone: 610-670-2267

Our Website: WWW.SMYMCA.ORG

Camper Mail & Packages: 201 Cushion Peak Road  
Reinholds, PA 17569

Camper Photos: [\*\*https://smymca.smugmug.com/\*\*](https://smymca.smugmug.com/)

Sending Campers an Email: [\*\*https://www.smymca.org/summer-camps/camp-conrad-weiser-overnight-camp/camp-photos-and-videos/\*\*](https://www.smymca.org/summer-camps/camp-conrad-weiser-overnight-camp/camp-photos-and-videos/)



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# COVID-19 Mitigation updates as of 5/13/22

## Overview of COVID-19 Non-Pharmaceutical Interventions (NPIs) & Practices

**A note on vaccination:** The staff and board highly encourage COVID-19 vaccination for all campers. This simple precaution is proven to prevent serious illness for COVID-19 in recipients that are up-to-date in their vaccinations and boosters.

In light of recent CDC updates, our staff has reviewed and updated our approach to the summer of 2023. Current conditions, as well as current guidelines/mandates, allow us to relax some approaches to the summer season that we initially outlined for our families. When reviewing these pages please contact Camp if you have any questions or concerns (610-670-2267).

**Please note:** NPIs in Camp Conrad Weiser will differ from those implemented in Bynden Wood Day Camp. If you have children in both programs, please read both documents carefully.

### Before Camp

All campers, regardless of vaccination status, should avoid large events, concerts, and festivals prior to Camp. Additionally, all campers should use a Health Log to track temperature and symptoms for the 10 days before the start of their camp session. The 10-day Health Log, which will be emailed to camper families, should be presented to the nurse or health-check staff upon arrival at Camp.

**At this time, we are not requiring campers to provide proof of a negative covid-19 test prior to their arrival to camp.**

**\*Please note:** Refunds will not be issued for families that arrive without this paperwork.

### During Check-In

Initially, we intended to do check-in completely "car-side." As conditions have improved, we will be using a hybrid approach. Initial check-in and health screenings may be from the car, but families will then have freedom to move around Camp and accompany their campers to their cabin.

During check-in all individuals (staff, campers, other visitors) are encouraged to wear masks unless in their cars and not interacting with anyone outside of their household regardless of vaccination status. **Parents are discouraged from entering the cabins.** Families will have a designated bathroom for their use (Bynden Wood Lodge).



Camper check-in will be scheduled for each family within a 30-minute window in order to avoid large crowds gathering at Camp. The Camp Director will email you a time slot 1-week prior to the start of your camper's session. Families that arrive early will be asked to remain in their cars until their scheduled time.

Early in the check-in process, families turn in their camper's health log, and the camper will complete a brief health screening. During the health screening, temperatures will be taken. Campers with a temperature of 100.4 or above will be asked to return home until they are symptom free for 24 hours. Campers arrive at check-in with a fever will be permitted to rejoin Camp through the first Tuesday of their session. Campers that are not well enough to attend camp on their scheduled arrival date may seek a spot in a future session if space is available.

After the visit with our nurse, campers and their families may move to the cabins to meet the counselors. **Please note, families are discouraged from entering the cabins this year.**

### **During Camp**

Our general philosophy is to approach many of the summer camp activities in cabin groups or cohorts. In our 2-week sessions, we expect to revert to full "camper choice" during the second week. While there will be all-camp activities like campfires and games, our staff will treat these programs differently than they would cabin-only programs.

#### **Masks in Camp:**

In 2023, masks are not required at Camp. Campers are welcome to continue wearing a mask in appropriate settings if it makes them more comfortable.

#### **When a Camper or Staff Person Test Positive for COVID-19:**

In general, when a camper or counselor tests positive for COVID-19, all households with a camper in the cabin will be contacted. After a positive rapid antigen test, we will follow-up with a PCR test for each individual within the cabin group. Again, households will be kept in the loop. Individuals with positive PCR tests will need to head home. Families will have a 12-hour window to pick-up their sick child. Pro-rated refunds will be provided for families when a camper needs to finish their session early for a COVID-19 diagnosis.

A camper who tests positive for COVID-19 but is asymptomatic may return to the program after a 10-day quarantine. A camper who tests positive for COVID-19 and shows symptoms may return to Camp, if space is available, after:

- 10 days since symptoms first appeared, and
- 24 hours with no fever without the use of fever-reducing medications

**Please Note:** Campers living in a cabin where a cabinmate tests positive for COVID-19 will have their families contacted and be given the option to return home and quarantine with a pro-rated refund OR continue their session pending a Covid test while being monitored for symptoms.

### **Other Illnesses During Camp:**

Campers with a sustained fever of 100.4 or higher for 12 hours will be asked to return home. They must be fever-free for 24 hours before returning to Camp.

We will be working hard to make Camp a healthy environment for all of our campers and staff. We appreciate your cooperation and understanding.

### **During Check-Out**

Campers will not be permitted to leave during their session (for parties, concerts, etc.), and then return to Camp. Exceptions to this rule are scheduled medical appointments in which case campers must practice COVID safety while in public (wear a mask, maintain physical distance). If a child needs to leave early for an event or appointment, let our camp staff know and we can make those arrangements.

The Check-out process in 2023 will continue occur on Friday nights. This allows our staff to work the entire session and turn-over cabins with appropriate cleaning and sanitizing between sessions.

Because this could prove challenging for some of our families, we are providing a wide window for pick-up from 5:30-7:30pm. Like Check-in, families will be discouraged from entering any building other than the designated bathrooms at Bynden Wood Lodge.

### **After Camp**

After Camp we advise campers quarantine at home for 7-10 days. We also recommend a home test 3-5 days after the camper returns home before resuming to regular activities. Thank you!



## NUTS & BOLTS

Once you have registered your camper for a week at Camp Conrad Weiser, your child is signed up for camp. However, there are still other steps you'll need to take to complete the registration process. These steps include:

- 1. Initial Registration and Payment of a Deposit.** This could be done online or by phone.
- 2. Health Forms & Waivers** need to be completed online **2 weeks prior** to the start of camp. If you arrive at camp without these forms, you may be turned away. There is no paper option for these forms in 2023. Again, forms should be completed online.
- 3. Tuition Balances must be paid 2 weeks prior to your child's session at Camp Conrad Weiser.** If this step is not complete by check-in, you may be turned away.
- 4. Refunds.** All deposits are refundable until February 1, 2023. If a cancellation occurs after February 1, 2023, but at least 60 days prior to the beginning of the session, payments will be refunded, MINUS the deposit. After this time, no refund will be given and families are responsible for paying any remaining balances. If programs are canceled due to a pandemic, families can receive a full refund, or transfer their tuition to a future year.
- 5. Camper Check-In.** Families sign their campers in on the Sunday at the start of the session. In 2023, we anticipate that check-in will be a hybrid approach. More information about camper check-in is on pages 18 and 19 .
- 6. Trading Post.** The Trading Post is our camp store. Families can add money to their camper's account through our online registration software or by calling the office at 610-670-2267. More information about the Trading Post can be found on pages 23 and 24.
- 7. Behavior.** We want all of our children to be successful in our Camp Conrad Weiser programs. There are, however, behaviors we do not tolerate. For example, if a child is unable to stay with their group, for his or her own safety, a camper may be dismissed from the program. Likewise, racially insensitive language or violence may result in immediate dismissal. For minor transgressions, we will make every attempt to work with the camper and family. We believe in partnering with parents to ensure every campers continued growth and success. More information on our behavior policies is included on page 21.
- 8. Camper Pick-Up.** Parents will pick up their campers on Friday evening at the end of each session between 5:30 and 7:30pm. Again, we anticipate pick-up could be car-side. **Please remember, you will be asked to show a photo ID at sign-out.** More information about camper departure can be found on page 24.

# The Camp Conrad Weiser Program



## The Goals of The Camp Conrad Weiser Program Are:

1. Each camper will make at least **1 new friend**.
2. Every camper will have **met, and learned about, someone who is different from themselves** as a result of their CCW experience.
3. Every camper will **grow in independence** as a result of their CCW experience.
4. Every camper will **grow in confidence** as a result of their CCW experience.
5. Every camper will **become empowered through leadership and stewardship experiences** as a result of the CCW program.
6. Each camper will spend **4-6 hours outdoors, daily**, while part of Camp Conrad Weiser.
7. Each camper will **learn about the YMCA's values of Caring, Honesty, Respect, and Responsibility.**

And, of course, every camper should  
HAVE FUN!





### 7-8 Year-Old Campers:

### Explorer Camp Program

The Explorer program is designed to have our youngest campers "try everything on their plates". The counseling staff are specially trained to provide support, leadership, guidance and non-stop fun! In cabin groups, staff introduce Explorers to swimming, archery, climbing, arts & crafts, Every camper in the Explorer age-group will have a pony ride as part of their program. Explorers will live in Cubs Village (Boys) or Rovers Village (Girls).



### 9-11 Year-Old Campers:

### Voyageur Camp Program

For 2022: In a one-week session, with the guidance of their counselors, Voyageur campers choose their activity schedule for the week as a cabin. Care is taken to provide instruction adapted to each child's age, interest and skill level. Campers spend time with their cabin group each day building friendships, working and playing with their peers and developing self-confidence. Voyageur's will live in Cubs Village (Boys) or Rovers Village (Girls). In a two-week session, we expect campers to individually choose activities for their second week in Camp.

### 12-15 Year-Old Campers:

### O.W.L. Camp Program

For 2022: Our teen campers are the Older, "Weiser", Leaders (O.W.L.s) of our camp community. Campers will choose their activity schedule as a cabin during one-week sessions. During two-week session, campers may have the opportunity for individual choice in the second week. This crew has a later time for lights out, extended evening programs with their friends and an overnight camp experience. 1 and 2 week sessions are available, but ***we strongly recommend the 2 week session for this age group.*** Campers in this age-group will have their own AM Radio Station to run for the entire camp. They may also have a scheduled trail ride during their stay. OWLs live in the Loggers (Boys) or Trailblazers Village (Girls).

# Camp Conrad Weiser Specialty & Teen Adventure Camp Experiences in 2022

## **Riding Specialty Camps:**

**Ages 9—15**

Our Riding Camps are the complete horse experience. This program has been redesigned for 2023! Campers will spend their entire day at the barn during the 1-week session. This camp is for the true horse enthusiast! Horse care, feeding, grooming, barn work and riding lessons, both mounted and unmounted, are all part of the experience. Our Equestrian Staff are all Certified Horsemanship Association Instructors. Campers will also go on an overnight camping trail ride. The week will end with a Horse Show (parents will be invited) For campers who have expressed a beginning interest in Riding, we also offer Riding Lessons as an introduction. ***Campers should have long pants or riding britches, as well as boots with hard heels for this program.***

## **Literary Theme Camps:**

**Ages 10—15**

Our Literary Fiction Camps are an opportunity to immerse yourself in the worlds of some of your favorite heroes and heroines. In addition to unique games, crafts, challenges and quests inspired by these book series, campers will also have the opportunity to try their hands at their own fan fiction and art. In 2021, we are only offering one Literary Theme Camp: **Camp Half-Blood (A Percy Jackson World Camp), Penn's Wood (A Harry Potter World Camp).**

## **International Camper Exchange Programs(ICEP):**

**Ages 13-15**

For more than 50 years, YMCA Camp Conrad Weiser campers have had the incredible opportunity to travel abroad to YMCA Camps around the world. We offer 2 ICEP trip experiences: **ICEP GERMANY** (ages 13-15) with the YMCA of Hannover, Germany and Camp Abbensen; **ICEP SPAIN** (ages 14-16) with the YMCA of Spain and Camp Priego.

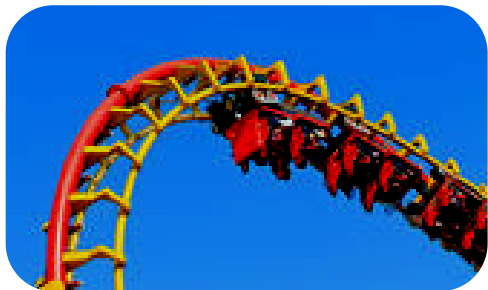
ICEP trips are chaperoned by 1 or 2 South Mountain YMCA Camps staff and are designed for teens 13-16 years of age. Potential campers must apply and be interviewed before registering for the trip. For more information on this program visit our website at [www.smyymca.org](http://www.smyymca.org), or contact Cory Evans at [cevans@smyymca.org](mailto:cevans@smyymca.org) or 610-670-2267.



### **Teen Adventure Camps:**

**Age 12–16**

Teen Adventure Trips are 1 week in length and include **ADVENTURE-PALOOZA** (a trip across Pennsylvania exploring caves, rollercoasters, zip-lines, and more), **PAINTBALL TRAINING CAMP** (a special week of camp activities and paintball at Skirmish USA). Please check our website for additional details, dates, and rates.



### **CIT (Counselor—In—Training):**

**Age 16–17**

This intense, 2-week experience is a progressive skill-building leadership program for teens who are interested in becoming camp counselors. Campers will learn from veteran staff and will develop the skills and strengths needed to be positive role models and leaders in the camp community. Interviews will be scheduled in February and March.



### **Junior Counselor (JC):**

**Age 17-18**

Junior Counselors are volunteer staff members 17 or 18 years of age who are not yet able to apply to be counselors on our team. Junior Counselors can apply to volunteer for up to 2 weeks at Camp using the regular staff application process.

## Programs and Activities

Campers will participate in 3 or 4 activity periods per day. Camp Conrad Weiser offers 25+ activities for campers to choose from (without additional fees). Campers in the Voyageur and Owl program will complete a **Camper Activity Form** on Sunday afternoon with the guidance and assistance of staff. These selections are used to match each camper with activities according to interest and availability. Campers rotate between activities independently and each camper has their own custom schedule. The 5<sup>th</sup> activity period in the schedule changes each day for the campers. The pool is open for recreational swimming during this time.

Below are sample activity choices for campers in the Voyageur and Owl Programs. Our staff create the schedule for campers in the Explorer Program.

**Adventure:** Climbing Tower, Zip Line, Low Ropes, Quad Jump, Archery Tag, Gotcha Tag

**Aquatics:** Swimming, Kayaking\*, Sailing\*

**Athletics:** Frisbee, Basketball, Tennis, Soccer, Mountain Boarding, Mountain Biking

**Creative Arts:** Jewelry Making, Rotating Crafts, Wood Working & More

**Equestrian Center:** Pony Rides, 1 hr Riding Lessons\*, Riding Specialty Camp\*, Trail Rides

**Nature:** Outdoor Living Skills, Wildlife Ecology, Animal ID, Plant ID, Tree ID

**Performing Arts:** Guitar Lessons, Ukulele Lessons, Film, Radio Station, Dance, Drama

**Target Sports:** BB's & Archery for ages 7 & up, Rifles & Trap for ages 12 & up

### Program Offerings Requiring an Additional Fee:

**Horseback Riding Lessons:** Campers may sign up for 5, 1-hour lessons during the week. Riding Lessons are different from our complete horse experience (Riding Specialty Camps). Additional fee of \$150/week. Camper should have long pants and boots with a hard sole and heel.

**Canoeing/Kayaking or Sailing Lessons:** Campers may sign up for 5, morning or afternoon lessons at Blue Marsh Lake. Campers in the Voyageur program will go canoeing at Blue Marsh once as a scheduled cabin activity. Additional fee of \$150/week.



### Horseback Riding Specialty Camps

1 week specialty riding camps are conducted during the first and last weeks of the summer. We offer Full Day Riding Camp (4 Periods). These programs must be designated by the family at the time of registration.



# Before Camp Begins

## One Week Sample Packing List

- 1-2 pair sweatpants and/or jeans
  - 5-6 pairs of shorts
  - Rain poncho or jacket
  - Jacket or sweatshirt
  - 3 pair of thick hiking socks
  - 6 pair of cotton socks
  - 6-10 pair underwear
  - 2-3 long sleeve shirts
  - 5 T-shirts
  - Hat
  - Sneakers
  - Flip Flops (for the shower house or cabins)
  - 2 Swimming Suits
  - 2 Bath towels, beach towels, wash cloth
  - Laundry Bag
  - Pillow and pillow case
  - A set of twin size sheets
  - Blanket
  - Pajamas
  - Sleeping Bag with Stuff Sack
  - Water Bottle
  - Flashlight or Headlamp with extra batteries
  - Shampoo, conditioner, soap
  - Brush or comb
  - Toothpaste, toothbrush
  - Sun block, chap stick, insect repellent
  - Reading material (not digital)
  - Stationary, pre-addressed envelopes, stamps
  - Camera (inexpensive)
  - Musical instrument (inexpensive) ex. ukulele
  - 1-2 Masks per day (not required)
  - Preferred hand sanitizer
  - Additional long pants (jeans or britches) for horseback riding campers
  - Riding boots for horseback riding campers
- \*Please note, that camp is not responsible for lost or stolen items. Please do not pack personal sports equipment.***

## Two Week Sample Packing List

- 4-5 pairs of sweatpants and/or jeans
  - 6-8 pairs of shorts
  - 3-4 long sleeve shirts
  - 10 T-shirts
  - 1-2 sweatshirts or light jackets
  - 3 pair of thick hiking socks
  - 6 pair of cotton socks
  - 12-14 pairs of underclothes
  - 1-2 pairs of pajamas
  - Hat
  - Rain poncho or jacket
  - 1-2 pairs of sneakers or other closed-toed shoes
  - Flip Flops (for the shower house or cabins)
  - 2 Swimming Suits
  - 2 Bath towels, 2 beach towels, wash cloth
  - Laundry Bag
  - Pillow and pillow case
  - A set of twin size sheets
  - Blanket
  - Sleeping Bag with Stuff Sack
  - Water Bottle
  - Flashlight/Headlamp with extra batteries
  - Shampoo, conditioner, soap
  - Brush or comb
  - Toothpaste, toothbrush
  - Sun block, chap stick, insect repellent
  - Reading material (not digital)
  - Stationary, pre-addressed envelopes, stamps
  - Camera (inexpensive)
  - Musical instrument (inexpensive) ex. ukulele
  - 1-2 Masks per day (not required)
  - Preferred hand sanitizer
  - Additional long pants (jeans or britches) for horseback riding campers
  - Riding boots for horseback riding campers
- \*Please note, that camp is not responsible for lost or stolen items. Please do not pack personal sports equipment.***

### **Please DO NOT bring:**

Cell phones (even phones without SIM cards for music or as a camera), tablet or laptop computers, video games, expensive cameras, jewelry, knives, weapons, vehicles, fireworks, aerosol spray, wheeled shoes, skateboards, in-line skates, roller skates, money, personal sports equipment, pets and other valuables.

If campers choose to bring iPods or MP3 players they may only be used during rest hour or before bedtime in the cabins. Such devices are not permitted anywhere else in camp. We strongly discourage campers from bringing these items. However, if as a family you choose to do so, please know that camp is not responsible for any loss or damage to these items for any reason. If they prove to interfere with other campers or with the program, they will be confiscated and held by the Camp Director until the end of the session. Please call us if you have any questions or concerns about these policies.

### **A Note on Cell Phones**

YMCA Camp Conrad Weiser has a strict **NO CELL PHONE** Policy. Many of our families chose our camp for this reason as they have expectations for their Camper's to unplug. While it might be your first instinct to send your child with a cell phone, this actually impacts other families in their goals in providing their child with a technology free experience. Campers caught with a cell phone will have their phone placed in a lockable bag by Yondr and returned to the campers possession. Camp is not responsible for any phones that are lost or stolen. Parents will be notified of violation of policy and must be present at check-out for the phone to be unlocked. Loss or damage of the Yondr Bag will result in a \$50 fee for destruction of Camp Property and possible dismissal without refund.

As part of registration, we ask that you and your child read and agree to the ***Memo of Understanding*** which prohibits cell phones. Please call us with any questions.

### **Cabin Mate Request**

Please know that we wish to provide a safe, memorable camping experience for all campers. Camp is a great place to meet new people and make new friends. We honor bunk-mate requests in **pairs** if requests are mutual and campers are within the same age group and program. Please do not request more than one bunkmate. Again, we want to make sure that all campers feel welcome and no one feels left out of a cabin group by entering a unit with already established cliques or friend groups. If you have more questions about this policy, please contact Camp Conrad Weiser Director, Cory Evans, at [cevens@smymca.org](mailto:cevens@smymca.org) or 610-670-2267.

We have four Villages at camp including Rovers and Trailblazers for girls—Cubs and Loggers for the boys. Campers in the Explorer Program will be placed in either the Rover or Cub's Village. Campers in the OWL program will be either in the Logger or Trailblazer Village. Campers in the Voyageur program will be placed in cabins together in the same village by gender and age. Camp Conrad Weiser is for everyone. Please contact us to inquire about Gender inclusivity.

### **On-Line Photo Gallery and Camper-Grams**

We will be taking cabin photos on the first day and candid photos throughout the week. Photos should be uploaded to our Smug Mug site for you to view by 12pm each day. Have fun browsing the pics throughout the week (but don't get too carried away overanalyzing what you see!! If your camper is looking off to the side or not smiling, chances are they weren't looking—don't immediately assume they're sad! And if you're your camper isn't in any pics, it's probably because they're being camera shy—fire off a Camper-Gram email to him or her. Tell them to jump in front of the camera if you're worried!

Please view our photos here: <https://smymca.smugmug.com/>. A password will be assigned to you at check-in so that you may have access to the portfolio. You may also send a one way Camper-Gram to your child while at camp. Camper-Grams will be printed and distributed at 10:00 am everyday. Campers will not be able to send a reply to this message unless they write a letter that goes through the post. Send your camper a Camper-Gram here: <https://www.smymca.org/summer-camps/camp-conrad-weiser-overnight-camp/camp-photos-and-videos/>



### **Preparing Your Camper**

When parents are polled on the reasons they send their children to summer camp, they often express the desire for campers to develop independence, make new friends, learn new things, and have fun. Prior to arrival, share your "summer camp reasons" with your child.

If your child has never spent a night away from home, it may be helpful if he or she visits a grandparent or friend for a weekend. This is great preparation for a week away at summer camp.

Additionally, encourage your child to "speak up" while at camp. The best way for young campers to ensure they have a great session at camp is to express



themselves with our staff, their counselors and their cabin mates. Let your child know it's okay to be vocal about his or her hopes and concerns. While our staff are trained to "draw your child out," your conversation with your camper prior to arrival will make a big difference in his or her experience.

Our directors will be sending out emails before and after camp to assist both you and your camper in preparing for this valuable experience. If you need information that you can't locate on our website or in our communications, don't hesitate to call us.

Finally, give your child a chance to ask us questions before camp begins. Call or email us. We take dozens of calls from young people each week and talk with them about camp, our counselors, and what they can expect. We'd love to hear from your child!



## A Note on Missing Home

Attending a sleep-away camp program for a week can positively change the life of a child, but it may be the first time your camper has spent a week or two away from home. We recommend you talk with your child about this new adventure prior to attending our program.

***Please reinforce the positive aspects of camp, such as new friendships, new experiences, and independence.*** Missing home is natural and our counselors are there to help. Be assured, our staff are well-trained to identify and handle issues relating to missing home. We discourage you from telling your camper that he or she can come home from camp after a few days. We've found that this can actually encourage homesickness and make a child less happy.

Parents should understand that initial letters home might involve strong homesick feelings, especially from first-time campers. ***Please do not hesitate to call us.*** We will do everything we can to make your child's experience at camp a positive one, and if homesickness continues, we will contact you. Our counselors complete "Daily Reports" with each camper that track their satisfaction and milestones. We'd be happy to share these updates with you.

***Please Note:*** Our experience indicates that once a child talks to a parent, their homesickness increases and becomes difficult to manage. For this reason, our camp staff will frequently speak to parents about their child's missing home while discouraging parents to speak directly to their campers.

For more information, check out **A Parent's Guide to Crushing Camp: Managing Camper Worries About Sleep-Over Camp:** [https://www.glowsleep.ca/files/ugd/589ad6\\_b95d59b026f64addb783ec0e6c1fffba.pdf](https://www.glowsleep.ca/files/ugd/589ad6_b95d59b026f64addb783ec0e6c1fffba.pdf)

# Arrival Day

## Parent Cheat-Sheet

The summer of 2023 is beginning. As part of our support for you and your camper, we're providing this quick list of items you need to bring to Camp for check-in:

- 1) **The 10-day Health Log** completed for your camper.
- 2) **Your camp balance must be paid in advance** (there will not be a station for late payments). Camp balances are due 2-weeks prior to the start of your camper's session unless arrangements have been made with the Registrar.
- 3) **Trading Post deposits must be made in advance**, either through CampBrain at the time of registration, or by phone (610-670-2267). Trading Post deposits for a camper can be made with the office between 9am and 5pm, Monday-Friday.
- 4) If your camper is vaccinated for COVID-19 upload it to your camper's registration account in CampBrain.

**As always, camper medical forms must be completed online 2-weeks prior to your camper's session! No medication will be accepted by our nurses that is not on the health form prior to check-in.**

As mentioned previously, refunds will not be issued for families that arrive without this paperwork.



# While at Camp

## Arrival Day

- ❑ Check-In Days are on **Sundays** from Noon-3pm. Each family will be scheduled for arrival during a 30 minute period during this 3-hour window. Arriving early will only increase your wait time. Our staff need to prepare for your child during the morning hours. Special arrangements for late or early arrivals present problems for both the camper and the camp. Please contact the Camp Director, Cory Evans, for approval if special arrangements are needed.
- ❑ Staff will greet you at the front gate of the South Mountain YMCA Camps. They will direct you to a pull-through with our nursing staff. Campers will receive a health-screening car-side. We anticipate this screening to include temperature checks, and 10 day Health Log.
- ❑ After visiting with the nursing staff, families will be directed to their camper's village location.
- ❑ Upon arriving at the village, staff will greet you and your camper. They will carry your camper's luggage directly to his or her cabin while you wait outside the cabin. Campers and their families can say their farewells at this time, and your child's counselor will take them to their cabin and help them get settled in.
- ❑ And you're done!
- ❑ Please remember that Camp is a Smoke/Tobacco-Free facility. We ask that you don't smoke on the campus.
- ❑ If you have any questions or concerns during check-in or check-out day, the Camp Director is available to speak to you. Please ask any staff member for assistance.





## Weekends at Camp

Weekends **DURING 2-WEEK SESSIONS** include all-camp games and carnivals, and special dinner. Our staff work to make this a big occasion for all ages. In 2023, we are offering limited spots for Hold-over weekend between 2-weeks sessions. For more information, call Camp.

## Staff

At Camp Conrad Weiser, we have a staff team that is dedicated to providing an exceptional camping experience that will create lasting memories and build life-skills that will help build youth campers into adult leaders.

All this happens because our staff create a sense of community, instill an atmosphere of belonging and facilitate a program that will challenge your child to meet his or her potential.

We carefully select and train our counselors to serve as positive role-models and leaders in our camp community. Our dedicated, caring counselors are focused on providing a fun, safe experience where children can excel as individuals and thrive as members of a group. All staff are individually selected after an extensive application process which includes: 1-hour, in-person interview; 3 professional and personal references verified by our staff, and 4 background checks through state and federal agencies. Each staff person must also complete, at minimum, 3 hours of child protection training prior to working with our campers. The average age of our summer camp team is 21.

We value the diversity in our campers and staff. Each summer 30-50% of our staff travel from around the world to spend their summers with us.

## Licensing and Accreditation

South Mountain YMCA Camps are inspected annually by the Pennsylvania Health Department. Additionally, we are accredited by the American Camp Association and Praesidium Child Protection. We are proud to meet and/or exceed the nationally recognized standards of quality for youth camping.



## Health Care

Camp has a licensed RN on staff. The local clinic and two hospitals, only minutes away, provide additional medical care. Parents will be notified by the Camp Nurse or Camp Director in the event of a significant injury or illness requiring doctor's care. Parents are responsible for medical bills that require doctor's care and prescription medication. The complete physical exam, including an updated health history, must be completed online 2 weeks prior to your child's first session. Regulations require each camper to have a licensed physician's medical examination within the past 12-24 months. No camper will be admitted into camp without an up to date health history/physical medical exam. Upon arrival, all campers are subject to a health screening to check for observable evidence of illness, injury or communicable diseases. No camper will be admitted to camp in the event of a positive screening.



## Medications

All medications must be delivered to the Camp Nurse upon check-in. Please do not pack over-the-counter medication in your child's luggage. Prescription medications **MUST** be in the **ORIGINAL** container with licensed physician's instructions. Please provide complete written directions on dosage and frequency signed by the doctor. It is helpful to place these original containers in a zip-lock bag labeled with the camper's first and last name. *Our medical staff will not administer any medication that is not in the original container and properly labeled.*

## Insurance

As a parent or guardian, you are responsible for any medical costs incurred as the result of injury or illness while at camp. **Campers must present, as part of their medical form, a copy of the family's insurance card (front and back).**

## A Note on Mental Health

A camper's total health and well-being is our greatest priority. Increasingly, we see young people struggling with depression and anxiety. In 2018, our program has began working with "Behavior Specialists," individuals trained in psychology or social work, to assist our staff in creating better environments and outcomes for our campers. In 2021 we launched a collaboration with Furnace Creek Counseling to better support for our campers and staff. Our Health Center, renovated in 2021, features space for tele-health visits that allow young people to continue an important therapeutic relationship remotely. If a camper wants to speak with a therapist, and no pre-existing relationship exists, we can offer a visit with Furnace Creek Counseling with parental consent. Please know, in the case of a camper threatening harm to themselves or others, or disclosing abuse, our staff will need to contact appropriate state agencies in their role as mandated reporters.

## Keeping Your Child Safe

We are very excited to have your children with us at Camp! Whether it's for one session or the whole summer, we work to ensure your children have a safe, fun-filled experience at the South Mountain YMCA Camps.

As you know, child safety and protection is our number one priority. Our goal is to help educate parents and children on how to be safe from child abuse in any environment with the skills they learn in our program. Our team is trained in comprehensive and innovative practices around child safety to ensure your children are safe in our care. The trust that you, as parents and guardians, place in us to care for your children is important to us and we do not take that trust for granted.

You will see these symbols around our YMCAs and in our programs:



This symbol is a conversation starter for Camp staff, and parents and guardians to talk about child protection. As we mentioned, our YMCA is trained in how to protect children. Please ask them about it. When we KNOW how abuse happens and SEE the warning signs we can RESPOND quickly to prevent it. Together we can foster a culture of child abuse prevention.

We urge you to talk to your children regularly about their experiences at the



Camp. Ask them about their counselors, instructors, and other staff. If, as a result, there is ever a concern regarding the safety and protection of your child, please notify us immediately. If you would like to report a concern anonymously, you can use the page: <https://www.smymca.org/smymca-reporting/>. Otherwise, you reach out to your camp director, Senior Director, or the CEO. Throughout the year, we will be offering educational opportunities regarding child safety, and we encourage you to join us. Together, we can keep our children safe.

Finally, in 2022 the South Mountain YMCA Camps is obtained a national **child protection accreditation** through a pilot program with Praesidium. Like our American Camp Association accreditation, our work on child protection involves hundreds of individual standards that shape our policies and practices.

Thank you for being a part of our Camp family, and remember, Know, See, Respond.

**For more information, for you and your camper, please visit these websites for additional resources:**

- **Know, See, Respond Video:** <https://www.youtube.com/watch?v=LvLpsCXBHaI&t=4s>. This video resource introduces you to the principles of Know, See, Respond.
- **Five Days of Action:** <https://www.fivedaysofaction.org/>. This page has a variety of resources for parents from **online safety** to **talking with your children**.

**Call Center Resources:**

- **For reporting suspected child abuse or neglect in PA:** Department of Human Services 1-800-932-0313
- **Childhelp's National Child Abuse Hotline:** 1-800-4-A Child (1-800-422-4453)
- **24-Hour Stress Hotline:** 1-855-427-2736
- **The Children's Advocacy Center:** 1-800-932-0313

## Meals

Healthy, family style meals are served three times daily in our centralized Dining Hall (at 50% capacity), out doors, or at the Village. Our food service staff create well balanced, nutritional meals with campers in mind. Counselors supervise each table and encourage proper table manners. A salad option will be available at lunch and dinner. We can accommodate some food allergies, each considered on a case-by-case basis. Please contact our camp office. We are a nut-free Dining Hall.

Our breakfasts include a yogurt and granola bar. At both lunch and dinner, our salad bar is available for staff and campers.

Throughout the day and between meals, our Dining Services Director provides fresh fruit for everyone in Camp.



## Behavior at Camp

Our staff will make every effort to provide positive, realistic expectations for your child. All members of the Camp Conrad Weiser community, including staff and campers, are expected to behave responsibly and appropriately at all times. After reasonable efforts to modify behavior, a camper may be dismissed from camp. Campers that cannot live within the rules of Camp, or those that are adversely affecting the experience of others' children, will be dismissed without a refund. In this case it is the parent's responsibility to come to camp to pick up their children. International campers will be flown home at their parent's expense.

For the safety of your child and everyone at camp, Camp Conrad Weiser will not tolerate any of the following:

- Offensive or threatening language
- Bullying (physical or emotional)
- Physical violence/abuse

Possession or use of any illegal substance, alcohol, tobacco, vaping materials, lighters, matches or knives (including pocket knives), or any other instruments that may be construed as a weapon are prohibited. Any of the above actions may result in immediate dismissal from camp with no refund.

## Mail and Packages

All camper mail is delivered daily after lunch. Campers love receiving letters from home while at camp. Please address them as follows:

**Name, Session, Village**  
**South Mountain YMCA Camps**  
**201 Cushion Peak Road**  
**Reinholds, PA 17569**

To ensure you receive mail from your camper, we suggest that you provide a pre-addressed, stamped envelope for your child. Campers also love receiving packages. Always keeping camper safety in mind, when packages arrive they will be delivered to the Camp Office. Campers will be asked to open their care package in front of camp staff. All packages will go through "Camp Customs". Packages are welcome, but we ask for your full cooperation in only sending a limited amount of food items. (We would prefer you do not send any food items.) If food/candy items are enclosed in the package, the items may be safely stored in the Trading Post. **NO FOOD WILL BE ALLOWED IN THE CABINS** as food attracts mice, raccoons, skunks and other critters into the living space. When the Trading Post is open, campers will have access to their food items at that time. We suggest sending filling packages with items like books, cards, games or craft projects.

## Laundry

Laundry service is **only available to campers attending camp more than 2 weeks**. For these campers, please add \$10 to their Trading Post account for laundry. Please make sure to pack enough clothes for a 2 week camping experience.





## Chapel

Although the YMCA was founded on Christian principles, we welcome young people of all religious backgrounds. Weekly, non-denominational chapel services are held at the Durdan Chapel. All campers are required to attend. Services, led by counselors and campers, are focused on the core values of Caring, Honesty, Respect and Responsibility. We believe Chapel is a great time to bring the camp together as a community.



## Trading Post

The Trading Post has camp T-shirts, sweatshirts, water bottles, stamps, hats and other fun camp items for campers to purchase. Campers may also purchase one food item per day. A deposit, to be held on account, can be made for the Trading Post. Purchases are charged to the camper's personal account. We recommend about \$40 for a 2-week session. Please discuss with your child how to spend this money. In 2022 there will be no cash purchases. You can visit our online store! **New as of 2018 - All Trading Post balances are non-refundable.** The remainder of all Trading Post balances will be donated to the Reach Out For Youth Campaign. The Trading Post will be open on check out day so your camper may spend the remainder of their account.





## Departure Day

- ❑ Your child's camp session ends **Friday** afternoon. It will run the same as check-in day. Please bring a mask and wear it throughout the check-out process.
- ❑ Check-out is between **5:30PM and 7:30PM** on **Fridays** at your convenience. Staff will meet you at the front gate and will direct you to the first stop with our nursing staff. If your camper has no medication, you will move on immediately!
- ❑ Staff will then guide you to your child's village. ***Please have your Photo ID ready!***
- ❑ While at the village, staff will assist your camper with luggage. Again, sign-out will be car-side.
- ❑ On your way out, you'll pass our Lost and Found display. Please check it for any belongings that your camper may have left behind.
- ❑ All Trading Post deposits are non-refundable and will be donated to the Reach Out For Youth campership campaign.
- ❑ If you wish to register your child for an additional session of camp this summer, please speak with the Camp Conrad Weiser Director, Cory Evans, about availability.

**We can't wait to see you next summer!**



# After Camp

## Talking with your Child About Camp

There is nothing more exasperating than asking your child, "What did you do all week at camp?," and getting the following response, "Nothing." While some children are bursting to share their experiences on the ride home, others are tired or may simply need a little more time to process. Over the week following camp, draw your child out slowly by asking specific questions about cabin mates and counselors, or ask your child to show you a camp skit or sing a song.

## Lost and Found

We donate all items left at camp to a local charity. Due to the number of requests we cannot mail lost and found items. Please make sure to check our lost and found display outside the Dining Hall during departure days. Pay particular attention to laundry bags, sleeping bags and pillows as they seem to be items frequently left behind.

## Surveys

We will provide a survey upon your camper's departure. We value your feedback in order to improve our programs and services for your children. If at any time you have a concern or question, please contact Cory Evans, our Camp Conrad Weiser Director at [cevans@smymca.org](mailto:cevans@smymca.org) or by calling Camp at 610-670-2267.

If you wish to submit an anonymous Program Quality or Community Safety Report you can share those concerns online at <https://www.smymca.org/smymca-reporting/>

## Facebook, Instagram, Twitter, YouTube, etc.

Many camps, schools and youth agencies have struggled to deal with adolescent behavior on public forums on the World Wide Web such as Facebook.com, Twitter, etc. We have found many of our campers registered on these sites ourselves.

Please know our camp discourages camper-staff interactions on such sites throughout our staff training. If, however, your child seeks to "friend" camp staff after the summer is over, it may be very difficult for a young adult to "deny" or "ignore" the request (despite our best efforts to train them to do so). After all, we also train our counselors to be attentive role models for your children. If your child speaks to you regarding this issue, please explain that staff members "need their space" during their time away from camp.

We do encourage you to visit our official South Mountain YMCA site on Facebook rather than contact any individual camp staff member. We also encourage parents to talk to their children about this issue, and research their own children's activities so they can stay "in the loop".

# FAQs for 2023

## **Will testing be required prior to entry and during camp?**

Testing will not be required for camp in 2023. We highly suggest testing before and after the camp session to avoid any disruption to your summer plans.

## **What are the camp's safety protocols?**

We are implementing NPIs (non-pharmaceutical interventions) as recommended by the American Camp Association and the CDC, which have eased significantly over the past year. For 2023, we are monitoring the risk of “community spread” and adjusting our practices accordingly. You can learn more here: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>.

If a camper or staff person tests positive prior to the program, they will not be eligible to participate in the program until they test negative or until 10 days have passed with no symptoms. If a camper or staff person tests positive during the program, the full counselor group will take rapid antigen test and be monitored as the program progresses. Our program design allows for this with little disruption to the camper experience.

Campers will need to convalesce at home, but are welcome to return after receiving a negative test or 10 days symptom-free (if space is available in future sessions). The parents of all campers in the counselor group will be notified by the Camp when there is a positive test. Families in unaffected counselor groups will not be notified.

## **Can the camp adjust protocols based on the incidence of the virus in the local neighborhood?**

Yes. You can learn more here: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>.

## **Will staff be vaccinated?**

It is our sincere desire to see every staff person vaccinated for COVID-19 prior to the season. In fact, our summer staff is required to seek vaccination for COVID-19 as a condition of employment. Our Board of Directors made this decision with the intent of protecting our staff, our campers, and our camp families. **However**, it is still unclear if every staff person will be “fully-vaccinated” at the beginning of our summer season (based on country of origin). Due to regional availability, some staff may be at different points in their vaccination journey. Staff who are not fully-vaccinated will be periodically tested for COVID-19.

**Will vaccines be required for campers?**

We will not require vaccinations for campers, but we highly encourage it.

**Will kids have to wear masks?**

The short answer is, "No."

The longer answer can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>.

***We do encourage our campers and families to bring masks to Camp, regardless of vaccination and testing status, just in case.***

**How will activities change this year?**

For our 1 week sessions, campers will stay together as a cabin. The cabin will choose their schedule as a group and will have the opportunity to try a little bit of everything.

For our 2 week sessions, the first week will have campers set as a cabin group. For the second week of the session, campers will choose their own activities independently from their cabin group.

Most activities, like climbing or swimming, will not be noticeably different from previous summer. However, we expect to continue to favor small group activities or "all camp" activities. For example, we expect 30-40 people at the pool rather than 100 or more. This worked wonderfully last summer. With smaller groups at the pool, more kids swam. The Dining will continue serving in 2 shifts, providing food for half our campers and staff at a time. Some all camp activities like flag-raising and capture-the-flag will return. As always, our entire camp community will gather for opening and closing campfires and chapel.

For specific questions on program, dining, or cabin-life changes, please call us at Camp at 610-670-2267.