

# YMCA CAMP CONRAD WEISER

EST. 1948



## PARENT HANDBOOK

SUMMER 2025



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

**SOUTH MOUNTAIN YMCA CAMPS**

**610-670-2267**

**SMYMCA.ORG**

**ycamps@smymca.org**





# **YMCA CAMP CONRAD WEISER**

## **Quick Information**

### **YMCA Camp Conrad Weiser Director:**

Sam Westphal: [swestphal@smymca.org](mailto:swestphal@smymca.org), 610-670-2267 ext. 223  
Associate Program Director

### **Our Address:**

201 Cushion Peak Road  
Reinholds, PA 17569

### **Our Phone:**

Main Office: 610-670-2267  
Director On Duty Emergency Cell: 484-345-8296

### **Our Website:**

[WWW.SMYMCA.ORG](http://WWW.SMYMCA.ORG)

### **Camper Photos:**

<https://smymca.smugmug.com/>

### **Sending Campers an Email:**

<https://www.smymca.org/summer-camps/camp-conrad-weiser-overnight-camp/camp-photos-and-videos/>



# YMCA Camp Conrad Weiser



## Goals of the

## Conrad Weiser Program:

## YMCA Camp

1. Every camper makes at least **1 new friend**.
2. Every camper **meets, and learns about, someone who is different from themselves.**
3. Every camper **grows in independence.**
4. Every camper **grows in confidence.**
5. Every camper **becomes empowered through leadership and stewardship experiences .**
6. Every camper spends at least **4-6 hours outdoors, daily.**
7. Every camper **learns about our YMCA values: Caring, Honesty, Respect, and Responsibility.**
8. **HAVE FUN!**



## NUTS & BOLTS (Paperwork and More)

Once you have registered your camper at YMCA 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. **Payment:** This could be done online ([Click Here](#)) or by phone (610-670-2267).
2. **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. ([Link](#))
3. **Tuition Balances must be paid 2 weeks prior to your child's session at YMCA Camp Conrad Weiser.** If this step is not complete by check-in, you may be turned away.
4. **Trading Post.** The Trading Post is our camp store. We do not accept cash at the store or during opening day check-in. Families can add money to their camper's account through our online ([Click Here](#)) or by calling the office at 610-670-2267.
5. **Cancellations and Refunds.** All deposits are refundable until Feb 1st, 2025. If a cancellation occurs after Feb 1st, 2025 and at 60 days or more prior to the beginning of the session, payments will be refunded, MINUS the deposit. Less than 60 days prior to the beginning of the session no refunds will be given with documentation listed below:
  - Physician documented medical reason
  - If camper is sent home for medical reasons by the Camp Health Care Team, a full or partial credit on the family balance will be given to use for a later make-up session.

No refunds for late arrivals or early departures, homesickness, dismissal, or voluntary withdrawal.

No refunds for horseback lessons that are cancelled due to inclement weather.

All Trading post deposits are non-refundable. Any remaining balance left in the Trading post account at the end of the session will be donated to the South Mountain YMCA Camps Scholarship Fund.

6. **Behavior.** We want all children to be successful in YMCA Camp Conrad Weiser's programs. There are, however, behaviors we will not tolerate. For example, if a child is unable to stay with their group, for their 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 camper's continued growth and success.



# Preparing Your Camper for Camp

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

Encourage your child to “speak up” while at camp. The best way for campers to ensure they have a great session at camp is to positively express themselves with our staff, and their cabin mates. Let your child know it’s okay to be vocal about their hopes and concerns. While our staff is trained to “draw your child out,” your conversation with your camper prior to arrival will make a big difference in their experience.

Attending a overnight camp can positively change the life of a child, but it may be the first time your camper has spent time away from home. Talk specifically with your child about this new adventure prior to attending our program. Reinforce the positive aspects of camp, such as new friendships, new experiences, and independence.

**Reassure them that missing home is natural and our counselors will be there to help.** We discourage you from telling your camper that they can come home from camp if they are feeling homesick. This can 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. 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 from speaking directly to their campers.

Finally, give your child a chance to ask us questions before camp begins. Call, email us, attend an Open house or Family Fun day. We’d love to engage with your child before camp starts.

# What to Bring

## One Week Sample Packing List

- 1-2 pairs of sweatpants and/or jeans
- 5-6 pairs of shorts
- Rain poncho or jacket
- Jacket or sweatshirt
- 3 pairs of thick hiking socks
- 6 pairs of cotton socks
- 6-10 pairs of underclothes
- 2-3 long sleeve shirts
- 5 T-shirts
- Hat
- 1-2 Pairs Sneakers or closed toed shoes
- 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 or a sleeping bag
- Blanket
- Pajamas
- 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)



## Two Week Sample Packing List

- 4-5 pairs of long pants and/or jeans
- 6-8 pairs of shorts
- 3-4 long sleeve shirts
- 10 T-shirts
- 1-2 sweatshirts or light jackets
- 3 pairs of thick hiking socks
- 6 pairs 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 or a sleeping bag
- Blanket
- 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
- Additional long pants (jeans or breeches) 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.***

# What NOT to Bring

## Unplug and disconnect from electronics and connect with people face to face.

Today, we are more connected than ever, with phones and computers as extensions of ourselves. Constant emails and notifications create pressure to respond instantly. At YMCA Camp Conrad Weiser campers can unplug and reconnect with the real world. Many campers, even those hesitant to disconnect, say the absence of phones is a highlight, enjoying nature, campfire songs, moonlit chats, and the chance to sit with their friends and even their thoughts.

### Cell Phones

YMCA Camp Conrad Weiser has a strict **NO CELL PHONE** Policy. Many of our families choose our camp for this reason, as they have expectations for their campers 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 (we currently use a product by Yondr) and returned to the camper's possession. Camp is not responsible for any phones that are lost or stolen. Parents will be notified of this 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.

### Other

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.



# Pre-Arrival Parent Cheat-Sheet

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.** All campers should use a Health Log to track temperatures 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.
- 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.

**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.**





# While at Camp

## Arrival Day

- ❑ Check-In Days are on **Sundays** from 12:30pm-3:00 pm. Each family will be scheduled for arrival during a 30-minute period during this 2.5-hour window. Arriving early will only increase your wait time. Our staff need to prepare for welcome your campers during the morning hours. Special arrangements prior arrival day for late arrivals by contact YMCA Camp Conrad Wieser Director.
- ❑ Staff will greet you upon arrival at South Mountain YMCA Camps. You will be given your village and cabin assignments.
- ❑ Proceed to the Health Log/Temperature Check screening station. Campers with a temperature of 100.4 or above will be asked to return home until they are symptom free for at least 24 hours. 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.
- ❑ Continue on through the Bynden Wood loop and drop off luggage at designated village signs. Your luggage will be delivered to your Village Lodge while you complete the check in process.
- ❑ Staff will then guide you to the parking areas.
- ❑ Proceed to the Welcome Table to get your campers nametag and check if any attention is needed with forms or payment.
- ❑ Continued our Health Care Staff for Lice check and drop off any medication. This is the time to chat with our health care staff about any concerns.
- ❑ After visiting with the Health Care staff, families will be directed to their camper's village to get moved in and meet there cabin and village staff. Families can walk or take the wagon and golf cart.
- ❑ Upon arriving at the village, staff will greet you and your camper. Cabin and Village staff will assist in getting campers settled in and introduced to other in there cabin and village.
- ❑ If a child needs to leave for an appointment, please let our camp staff during check-in so arrangements can be made.
- ❑ Please remember that Camp is a Smoke/Tobacco-Free facility. We ask that you do not smoke on the campus.
- ❑ If you have complications traveling to camp and are going to arrive after 3:00pm please call the South Mountain YMCA Camp Director on Duty phone at 484-345-8296

# 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 a doctor's care. **Parents are responsible for medical bills that require a doctor's care and prescription medication.** The complete physical exam, including an updated health history, must be completed online 2 weeks prior to the first day of your child's session. No camper will be admitted into camp without an up-to-date health history. 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 a 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. **A copy of the Campers insurance card must be uploaded (Front and Back) as part of the medical forms.**

## Mental Health

A camper's total health and well-being is our greatest priority. South Mountain YMCA Camps has a collaboration with Furnace Creek Counseling to better support our campers and staff if a campers needs support that is beyond the scope of our Medical Standing Orders, Policies and Procedures.

We also have the ability and facilities to coordinate with families to continue tele-health or virtual therapy sessions that allow young people to continue the important therapeutic relationship remotely. **Please connect with the Camp Health Care staff on opening day to set up this facilitation.**

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.

# Programs and Activities

Campers will participate in both cabin and choice activity periods per day. Choice activities may be individual or group choice. YMCA Camp Conrad Weiser offers 25+ activities for campers (without additional fees).

Campers will complete **Activity Form** on Sunday afternoon/evening with the guidance and assistance of staff. These selections are used to match each camper with activities according to interest and availability. Campers may rotate between activities independently and each camper has their own custom schedule.

Below are sample activity choices for campers:

<b>Skill Building:</b>	Outdoor Living Skills, Team Initiatives,
<b>High Adventure:</b>	Climbing Tower, Zip Line (2nd Grade & up), Quad Jump(6th Grade & up)
<b>Pool:</b>	Swimming
<b>Lake:</b>	Canoe, Kayaking, Sailing, Paddle Board
<b>Sports:</b>	Basketball, Tennis, Soccer, Pickle Ball, Frisbee Golf
<b>Athletics:</b>	Mountain Biking, Archery Tag
<b>Creative Arts:</b>	Jewelry Making, Rotating Crafts, Wood Working
<b>Equestrian:</b>	Pony Rides, Trail Rides, Barn Experience
<b>Nature:</b>	Wildlife Ecology; Animal, Plant Identification, Garden, Fishing
<b>Performing Arts:</b>	Guitar, Ukulele, Film, Radio Station, Dance, Drama, Improve
<b>Target Sports:</b>	BB's, Archery Sling Shots (2nd Grade & up), 22-Rifles, Trap (6th Grade & up)

**Horseback Riding Lessons:** 5, 1-hour lessons during the week. Riding Lessons are different from our (Riding Specialty Camps). Additional fee of \$160/week.

**Camper must have long pants and boots with a hard sole and heel to participate in the program.**

## Sample Schedule

7:00 AM Wake up  
7:45- 8:30 Breakfast 1/Meds  
8:30-8:45 Flag Raising  
8:45-9:30 Cabin/Shower House Cleaning  
9:30-10:10 Cabin Activity  
10:15-11:45 Activities Periods  
12:00-12:45 Lunch 1/Meds  
12:45-1:30 Rest Period  
1:35-5:30 Activity Periods  
5:30-6:15 Dinner 1/Meds  
6:15-6:30 Flag Lowering  
6:30-8:30 Evening program  
8:30-8:45 Snack  
8:45-9:30 Vespers/Showers/Night Meds  
9:30/10:30 Lights out based on Village





# Meals

At YMCA Camp Conrad Wiser meals are just as important as our other programs. Campers go to this program 3 times a day. We strive to make our meals both fun, nutritious and a vehicle to connect with other campers and staff.

We eat in two shifts to facilitate smaller meals cut down on the noise that can be overwhelming to some campers and to facilitate conversation between campers at the tables. Campers sit with their cabins during meals. This is to facilitate friendship and connecting and learning about more people. Counselors supervise each table and encourage proper table manners. Our meals are served family style in our centralized Dining Hall. Our food service director and staff create well balanced, nutritional meals with campers in mind.

## Food Allergies

We are a Nut aware, Vegetarian aware, Lactose aware and Gluten aware Camp. This means that we can accommodate campers and work with the families to keep their camper safe. We can accommodate most food allergies, case-by-case basis please make sure to connect with our staff to insure we can accommodate your campers food safety.

A salad option will be available at lunch and dinner. Our breakfasts include a yogurt and granola bar.

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



## Weekends at Camp

Weekends **DURING 2-WEEK SESSIONS** we have a modified schedule with brunch, include all-camp activities, chapel, and a special dinner. Our staff works to make this a big occasion for all ages.

In 2025, we are offering limited spots for hold-over weekend between the end of 1-week sessions and the beginning of 2-week sessions. You must be registered for both 1 and 2 week session and the hold over session.

# Keeping your Camper Safe

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.

## Staff

At YMCA 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 young campers into adult leaders.

All of this happens because our staff creates a sense of community, instills an atmosphere of belonging and facilitates a program that will challenge your child to meet their 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: a 1-hour in-person interview; 3 references, and comprehensive background checks. Each staff person must also complete, at minimum, 3 hours of child protection training prior to working with our campers. All staff must be 18 years of age. The average age of our summer camp team is 21.

We value diversity in our campers and staff. Each summer 40-60% of our staff travel from around the world to spend their summers with us.



## Behavior at Camp

Our staff will make every effort to provide positive, realistic expectations for your child. Campers who cannot operate within the rules of camp, or those that are adversely affecting the experience of other children, will be dismissed without a refund. In this case, it is the parent/ guardians responsibility to come to camp to pick up their children.

### 3 Strike Policy

For minor behavioral issues, YMCA Camp Conrad Wieser has a 3 strike policy. Unacceptable behavior will be documented and brought to the attention of the Camp Director. The Director will call the parent/ guardian and explain the warning their child is getting. After 3 warnings the camper will not be allowed back at camp that session and no refund will be given.

We believe in partnering with parent/ guardians and will do our very best to make the camp experience successful for each individual child.

### Behavior Policy

For the safety of your child and everyone at camp, the South Mountain YMCA Camps cannot and will not tolerate any of the following:

- Offensive or threatening language.
- Bullying (physical or emotional).
- Physical violence or abuse.
- Possession or use of any illegal substances, alcohol, tobacco, lighters, matches or knives (including pocket knives) or any other instruments that may be construed as a weapon.

**Any of the above actions may require immediate dismissal from camp with no refund.**

## 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. Praesidium has been around for more than 30 years, and their mission is to prevent the sexual abuse of children and vulnerable adults and to preserve trust in respected organizations like ours. We are proud to meet and/or exceed the nationally recognized standards of quality for youth camping.





# Staying Connected from Home

## 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:

**Camper 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 would prefer you do not send any food items. Instead, we suggest filling packages with items like books, cards, games or craft projects.



## On-Line Photo Gallery

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 the next day. Have fun browsing the pictures 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 ready — don't immediately assume they're sad! If your camper isn't in any pictures, it's probably because they're being camera shy—fire off a Camper-Gram email to your camper, 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.

## Camper-Grams (emails)

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 every day. Campers will not be able to send a reply to this message unless they write a letter that goes through the post office. Send your camper a Camper-Gram here: <https://www.smymca.org/summer-camps/camp-conrad-weiser-overnight-camp/camp-photos-and-videos/>

## Other

### 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 Alumni, 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.

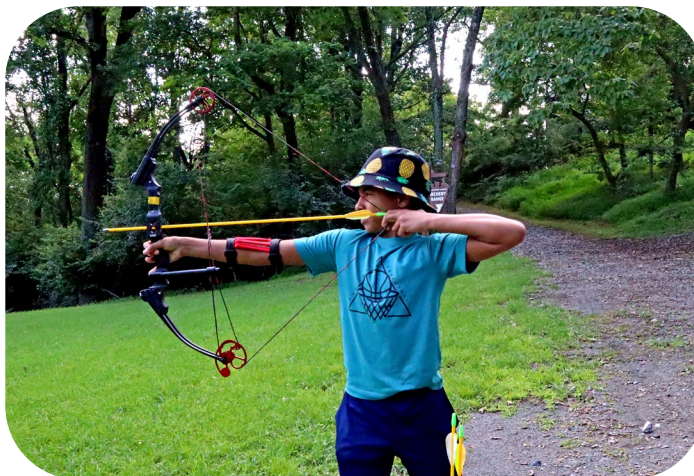
### Trading Post

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 how to spend this money with your child. There will be no cash purchases. You can visit our online store to view items or make additional purchases! All Trading Post balances are non-refundable. The remainder of all Trading Post balances will be donated to the Reach Out For Youth Campership Campaign. The Trading Post will be open on check-out day so your camper may spend the remainder of their account.



### 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.



## Departure Day

- ❑ Your child's camp session ends **Friday** evening. Early Dinner is provided to campers before checkout.
- ❑ Check-out is between **5:30PM and 7:30PM** on **Fridays**. Staff will meet you and direct you and give you the procedures for Check-out.
- ❑ ***Please have a Photo ID ready!***
- ❑ While in the village, staff will assist your camper with luggage. Sign-out will be car-side with Village Leadership. You will also receive a Special Super Early Bird Registration form for Summer 2026.
- ❑ At the end of the loop YMCA Camp Conrad Weiser
  - ❑ Leadership will be available to talk about any concerns you may have.
  - ❑ If you wish to give a donation to the Staff Appreciation Fund it can be done here.
  - ❑ Turn in your Registration and Deposit for 2026 and pick up your Limited Edition Special Super Early Bird Gift.
- ❑ On your way out, you'll pass our Lost and Found display. Please check it carefully for any belongings that your camper may have left behind.
- ❑ You can also visit our Bynden Wood Loop Trading post to get those last souvenirs. All Trading Post remaining balances are non-refundable and will be donated to the Reach Out For Youth Campership Campaign.
- ❑ Travel Safe - Keep the Fires of Friendship Burning!

**Note: If you need to pick up your camper earlier than the standard pickup time it must be done before 12pm on Friday. This must be pre-arranged with the YMCA Camp Conrad Wieser Director.**

### On the Car Ride Home or a Few Days after 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 cabinmates and counselors, or ask your child to show you a camp skit or sing a camp song.





# After Camp

## 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 at the Bynden Wood Loop during departure days. Pay particular attention to laundry bags, sleeping bags and pillows as they seem to be items frequently left behind.

## Social Media

Many camps, schools and youth agencies have struggled to deal with adolescent behavior on public forums on the Internet and Social Media.

It is against our Personal Policy for camper-staff interactions on such sites and is explained in our Employee Handbook and throughout staff training. If, however, your child seeks to “friend” camp staff after camp when our staff have ended their summer seasonal employment, 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 staff 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 interaction on our official South Mountain YMCA Camps Social Media platforms rather than contact any individual camp staff member as all posts and interactions are monitored.

We urge you to talk to your children regularly about their experiences at 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, please reach out to your Camp Director, the COO, or the CEO. Together, we can keep our children safe.

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



# Links and Recourses

## Parent Resource Page:

<https://www.smyanca.org/parent-resources>

## American Camp Association

### Expert Advice

<https://www.acacamps.org/parents-families/planning-camp/expert-advice>

## Good Reads

A Parent's Guide to Crushing Camp: Managing Camper Worries About Sleep-Over Camp: [Link to Download](#)

Homesick and Happy: [Link](#)

## Child Protection Resources:

### Praesidium Accreditation:

<https://www.praesidiumaccreditation.com/>

**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**.

- **For reporting suspected child abuse or neglect in PA:** Department of Human Services 1-800-932-0313
- **Child Help'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