



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2020

Summer Camp Handbook

Camp Frontier, Camp Horizons & Leaders in Training

Alamance County Community YMCA
1346 South Main Street
Burlington, NC 27215
Phone: (336) 395.9622
www.acymca.org

**YMCA Mission: To put Christian principles into practice through programs
that build healthy spirit, mind and body for all.**

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2020 Summer Camp Session Dates

Session 1:	June 15 th - June 19 th
Session 2:	June 22 nd - June 26 th
Session 3:	June 29 th - July 3 rd
Session 4:	July 6 th - July 10 th
Session 5:	July 13 th - July 17 th
Session 6:	July 20 th - July 24 th
Session 7:	July 27 th - July 31 st
Session 8:	August 3 rd - August 7 th
Session 9:	August 10 th - August 14 th
Encore:	August 17 th - August 21 st

A. Introduction

YMCA Summer Day Camps are committed to giving campers, rising Kindergarten through rising 8th Grade, a fun and memorable summer. We offer three camp options that operate Monday through Friday from 7:30am to 6:00pm. All of our camps emphasize character development; teaching the values of **caring, honesty, respect, responsibility and faith.**

- Camp Horizons, located at the YMCA, is for rising Kindergarten through 5th Grade. A typical day at Horizons includes sports in the gym, arts and crafts, swimming in our indoor pool, outdoor play at the city park and much more.
- Camp Frontier, located on Bass Mountain Road in Snow Camp, is for rising 1st Grade through 8th Grade. A more traditional outdoor camp, includes activities like horseback riding, canoeing, swimming in our outdoor pool, archery, tennis, basketball, fishing, arts and crafts and much more.
- Leader in Training (L.I.T.) Program is designed to allow teenagers (rising 9th and 10th Graders) opportunities to develop leadership skills and acquire the knowledge that will help prepare them to become an effective counselor. L.I.T.s will work directly with the younger groups in Camp Horizons and Frontier.

YMCA camps believe in having fun and helping campers gain a sense of accomplishment and self-worth by learning new skills. By helping campers recognize their own abilities, they step out of their comfort zones and reach far beyond what they ever dreamed possible. A YMCA summer camp experience will help create memories that will last a lifetime!

B. Goals and Objectives

- To provide a safe, exciting and structured environment
- To provide campers with the opportunity to learn new skills and activities
- To teach the values, cause and the mission of the YMCA
- To build within each camper self - confidence, courage and self - esteem
- To build lasting friendships
- TO HAVE FUN!

C. Open House/Meet the Counselors Day

Camp Frontier will hold an Open House at Camp Frontier, 5258 Bass Mountain Road in Snow Camp on Friday June 12th from 5:00 PM – 7:00 PM. This is an opportunity to meet the staff that will be working with your children all summer, see the facility and also have them answer any questions you may have before the first day of camp. We will also have family activities available such as archery, canoeing, horseback riding and swimming.

Camp Horizons will hold an Open House at the YMCA on Friday, June 12th from 5:00 PM – 7:00 PM. Parents and campers can meet the staff, ask questions and tour our facility.

D. Pony Club

This program is offered at Camp Frontier for rising 6th Graders and older. Every Tuesday and Thursday during the session, your child will spend the entire day with horses while receiving in-depth horse training. The children are taught responsibility through learning how to care for the horses as well as proper riding techniques. The cost for this program is \$30 per session. Only six (6) campers are allowed to register per session, and a child cannot register for more than 3 sessions. You must register at the Y before the start of each session if you would like your child to participate.

E. Family Events

- **Friday, July 17th** from 6:30pm to 8:30pm – **Camp Frontier Family Night.** Family Night will consist of camp activities, roasting s'mores, and a pool party! Come out to enjoy what Camp Frontier has to offer and gain an unforgettable experience with your camper.
- **Friday, August 14th** from 6:30 to 8:30pm – **All Campers Final Parent Program.** Our Final Parent Program is an annual camp tradition and highly recommended. During this special event, campers will sing songs, camp memories will be shared and camper and counselors will receive awards. You and your family do not want to miss out on this fellowship opportunity. **We will NOT run regular bus routes to Mebane and Graham Friday, August 14th.**

F. Leader in Training

Leader in Training (L.I.T.) Program is designed to allow teenagers (rising 9th and 10th Graders) opportunities to develop leadership skills and acquire the knowledge that will help prepare them to become an effective counselor. L.I.T.s will work directly with the younger groups in Camp Horizons and Frontier. Teens interested in applying must pick up an LIT application (located at the Welcome Desk) and return it to the Y **no later than April 16, 2020.** Two letters of recommendation must be attached to the application. LIT applicants will be contacted by the end of April for a face-to-face interview with a Camp Director. **(Space is limited to 15 Leaders in Training per session)**

G. Field Trips

No additional fee is charged for field trips! Since field trips are a part of our summer camp programs, there is NO alternative care for any children who do not wish to attend the field trip.

- Please make sure your child is at the YMCA by 9:00 AM on field trip days.
- There is no drop off allowed at Camp Frontier for those kids attending field trips.

Camp Frontier Groups 1 - 5

Date	Description
June 17	Cedar Rock Park
June 24	Mobile Dairy Classroom (on site)
July 1	Mad Scientist (on site)
July 8	Cicis Pizza & Joe Davidson Park
July 15	Graham Cinemas
July 29	Safari Nation
Aug 5	Lazer X
Aug 12	Cedar Rock Park

Camp Frontier Groups 6 - 10

Date	Description
June 17	Cedar Rock Park
July 24	Mobile Dairy Classroom (on site)
July 1	Mad Scientist (on site)
July 10	Cicis Pizza & Joe Davidson Park
July 17	Graham Cinemas
July 31	Ultimate Kids
Aug 7	Lazer X
Aug 12	Cedar Rock Park

Camp Horizons

Date	Description
June 18	Cedar Rock Park
June 25	Homeland Creamery
July 2	Mad Scientist (on site)
July 9	Cicis Pizza & Joe Davidson Park
July 16	Graham Cinemas
July 30	Safari Nation
Aug 6	Lazer X
Aug 13	Cedar Rock Park

H. Daily Schedule: Please make sure your child has arrived by 9:00 AM

Camp Frontier Daily Schedule (7:30 AM- 6:00 PM)

7:30 - 8:45	Rides in
8:45 - 9:00	Flag pole Assembly and Breakfast (provided)
9:00 - 9:30	Bus Travel to Camp Frontier
9:30 - 10:00	Open Assembly, Devotion, Camper/Counselor Challenges
10:00 - 12:15	Scheduled Activities (Fishing, Swimming, Arts & Crafts, etc.)
12:15 - 12:45	Lunches (provided)
12:45 - 4:00	Scheduled Activities Continued
4:00 - 4:45	Closing Assembly and Return to YMCA
4:45 - 5:15	Bus Routes
5:15 - 6:00	Rides Out

Camp Horizons Daily Schedule (7:30 AM- 6:00 PM)

7:30 - 8:30	Rides in
8:30 - 9:00	Flag pole Assembly & Breakfast (provided)
9:00 - 9:30	Open Assembly, Devotion, Camper/Counselor Challenges
9:30 - 12:00	Organized Activity
12:00 - 12:45	Lunch (provided)
12:45 - 3:00	Organized Activity (Kindergarteners: Quiet/Rest Time)
3:00 - 3:30	Snack
3:30 - 4:30	Organized Activity
4:30 - 5:00	Closing Assembly
5:00 - 6:00	Rides Out

I. Ages

Camp Frontier:	Rising 1 st – Rising 8 th Graders
Camp Horizons:	Rising Kindergarten – Rising 5 th Graders
Leaders in Training	Rising 9 th and 10 th Graders

J. Fees

The one week session fee includes breakfast, lunch and field trips.

• **Camp Frontier and Camp Horizons**

\$20 deposit per session due at registration

One Child: Y Members	\$110	Program Participants	\$130
Multiple Children: Y Members	\$100	Program Participants	\$120

- **Leader in Training (L.I.T.) Program**

\$20 deposit per session due at registration

\$70 per session for Y Members and Program Participants

K. Camp Payment Information

All Summer Camp payments must be set up on a Bank or Credit Card Draft. The balance will be drafted on the due date.

A **\$20.00 non-refundable, non-transferable deposit per child, per session** is required when you register your child. The remaining session balances are due on dates as indicated below.

<u>2020 Session Dates</u>	<u>2020 Draft Dates</u>
Session 1: June 15 - June 19	June 5
Session 2: June 22 - June 26	June 12
Session 3: June 29 - July 3	June 19
Session 4: July 6 - July 10	June 26
Session 5: July 13 - July 17	July 3
Session 6: July 20 - July 24	July 10
Session 7: July 27 - July 31	July 17
Session 8: Aug 3 - Aug 7	July 24
Session 9: Aug 10 - Aug 14	July 31
Encore: Aug 17 - Aug 21	Aug 7

Cancellations and Refunds

A **written one-week cancellation notice prior to the session balance due date** is required to stop a bank draft and/or grant a refund for the unused camp sessions. Deposits will not be refunded or transferred to existing camp balances. Camp sessions will not be prorated. Cancellation forms are available at the YMCA Welcome Desk.

No refunds or adjustments are granted for non-attendance, illness, vacation or the cancellation of camp due to inclement weather. The YMCA reserves the right to apply any credit due to outstanding balances. Approved refunds are issued within 30 days of cancellation.

Returned Drafts

If your draft is returned because of insufficient funds, the draft will be automatically re-submitted and a \$25.00 service charge will be added to your account. If you have more than two returned drafts during the summer, one of the following options may occur:

- 1) You will be required to meet with YMCA Leadership Staff to discuss your payment options/plan.
- 2) Your child will lose their spot in our Summer Camp Program and will be required to go through the previous step before they can re-enroll.

The YMCA is committed to providing confidential financial assistance to anyone interested in programs or membership, based on need and available funds. Please let us know if you need help.

Late Fee Policy

Campers are to be picked up from the YMCA by **6:00 PM**. **A late fee of \$10.00 per child will be charged for all campers picked up after 6:00 PM.** A late fee form will be given to you to sign acknowledging that you are late picking up your child and understand that you will be charged accordingly.

L. Bus Routes

The YMCA offers convenient drop-off and pick-up points throughout the county for campers in our program. We will not allow pick-up or drop-off sites to change in the middle of a session.

<u>Location:</u>	<u>Drop-off:</u>	<u>Pick-Up:</u>
YMCA	7:30 – 9:00 AM	5:15 – 6:00 PM
Mebane (Food Lion, on 119)	7:45 – 8:05 AM	5:25 – 5:45 PM Camp Frontier Only
Graham (Joel Davis Insurance)	7:45 – 8:05 AM	4:50 – 5:10 PM Camp Frontier Only
Camp Frontier	9:30 – 10:00 AM	4:00 – 4:30 PM

If you take your child directly to Camp Frontier, staff will not be there until 9:30 AM.

Campers should never be left alone at any of the bus stops. The bus will arrive and remain at the bus stop for 20 minutes according to the above schedules. In the afternoons, any campers that are not picked up by the above scheduled times will be brought back to the YMCA. We do not offer PM transportation to Camp Horizons participants, parents must pick kids up at the Y.

NO transportation to/from Graham or Mebane the week of our ENCORE CAMP (Aug. 17-21).

M. Rides In/ Rides Out

Rides In is a system offered for the convenience of the parent when dropping their children off in the mornings before camp. Your child may be dropped off between **7:30 – 9:00 AM** in the circle loop at the front of the YMCA. A counselor will be there to assist you. Each camper will be checked in and escorted to their designated areas.

Rides Out works in the same manner. During the times of **5:15 – 6:00 PM**, parents may drive through the circle loop at the front of the YMCA to pick up their child. **If you wish to pick your child up prior to 5:15 PM, you will need to park and come to the Welcome Desk of the YMCA.**

Safety Identification Cards are used to assure that whoever is picking up your child is authorized to do so. Keep in mind that **each person allowed to pick your child up will need to have a card.** These cards may be displayed on your front dash if you are picking up in the circle, or if you are walking in to pick up your child, you must show the safety identification card to staff. Your child will be called and escorted up by a member of our Camp Team. Extra identification cards are available upon request.

N. Release Procedures

If a person other than the parent or authorized persons listed on your child's registration form is picking up your child, you are required to notify the Camp Director **by written note or email by 9:00 AM the same day.** Please inform the person picking up your child that we will request a valid driver's license and the safety identification card to be shown before we release your child.

O. Health History, Horseback Riding Waiver & Snake Bite Consent Form

Below are some very important waivers. When registering you will sign a form stating that you have read, understand, and will abide by this information.

Health History Form: We do not require a physical prior to attending our Summer Camp Program. However, if your child has special medical or emotional circumstances, we do require a thorough Health History Form to be completed prior to attending.

Snake Bite Treatment Consent: Our goal at Camp Frontier is to keep your child as safe as possible. We strive to make prevention and safety one of our top priorities. Of course we all know that from time to time, accidents can happen. We need your help. Camp Frontier is located on Bass Mountain and we have sporadically seen snakes on the property. Your signature on the Camp Registration form when registering authorizes YMCA employees' permission to treat your child with a First Aid Snake Bite Kit if needed. If you require more information (prior to signing camp documents), please contact our Youth and Family Director at (336) 395-9622.

Horseback Riding Waiver: By signing the Camp Registration form, I HEREBY ACKNOWLEDGE AND AGREE that participation in equestrian activities (horseback riding) has *inherent risks*. I have full knowledge of the nature and extent of all the risks associated with the equestrian program of the Alamance County Community YMCA, including but not limited to: Being around horses involves known and unanticipated risks which could result in physical, emotional injury, paralysis, death or damage to self, to property or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity. The risks include, among other things, loss of control or collisions. Horses, irrespective of their previous behavior and characteristics, may act or react unpredictably based upon instinct, fright, or lack of proper control by rider. Some of the risks include biting, kicking, bucking, lying down or stumbling; animals on property; acts of other participants in this activity, adverse weather conditions; contacts with plants, insects, or animals; the riders own physical condition, the condition of the remote roads, trails, waterways, or terrain, and accidents connected with their use. I further acknowledge that the above list is not inclusive list of all possible risks associated with the Alamance County Community YMCA's equestrian program.

Release/Indemnification and Covenant Not to Sue

By signing the consent on the Youth Information Form when registering your child and in consideration of my child participating in the equine program of the YMCA, I agree to release and on behalf of my minor child, myself, our heirs, representatives, executors, administrators, and assigns, hereby do release the Alamance County YMCA, its officers, agents, and employees from any cause of action, claim, or demand of any nature whatsoever, including but not limited to, a claim of negligence, which I, my heirs, representatives, executors, administrators and assigns may now have, or have in the future against the Alamance County Community YMCA on account of personal injury, property damage, death or accident of any kind, arising out of or in any way related to my child's participation in the equestrian program whether that use is supervised or unsupervised, however the injury or damage is caused, including, but not limited to the NEGLIGENCE of the Alamance County YMCA, its officers, agents, and employees. I further certify that my child is in good health and that he/she has no physical limitations which would preclude their participation in the equine program of the Alamance County YMCA. I further understand that the terms of this agreement are legally binding and certify that I am signing this agreement, after I have carefully read it, of my own free will.

P. Medication

All medications your child takes in our care must be given to the camp counselors, in the original container, on your child's first day of camp. **A medication authorization form is available in this packet of information and must be completed in order for us to administer medications to your child. A current photo must accompany the medication for safety purposes.** This form includes name of medicine, what time the medication needs to be taken, permission to administer, parent's name and doctor's phone number for a reference. **Medication can only be administered between the hours of 10:00 am and 4:00 pm.** Medication may not be administered without this consent form. If medication is not picked up by your child's last day of camp, we will hold the medication for a maximum of one week, after that it will be discarded.

Q. Emergency Contact Information

Every effort will be made to reach you or other contacts on the camp registration form in the event of an emergency. If we are unable to reach any of the persons listed, we will take the necessary actions for the health and safety of your child. Should there be any changes in the emergency contact numbers, please notify the Camp Directors in writing so we may update your child's file.

R. Communication: E-Mail/Phone Numbers

We utilize e-mail to ensure great parent-staff communication. Feel free to email the Camp Directors throughout the summer with any important information or updates.

Note: Camp Directors will only be able to read and respond to emails during the hours of 7:00 – 8:00am and 5:30 – 6:30pm. Your emails are important to us and we will devote ample time to answering your emails during these designated times. Below you will find the email addresses for each Camp Director and emergency numbers for the YMCA:

Ally Snuggs (Camp Frontier/L.I.T.s)
Will Johnson (Camp Horizons)

asnuggs@acymca.org
wjohnson@acymca.org

YMCA Phone Number:

(336) 395-9622

Camp Frontier Office:

(336) 376-9793

Camp Frontier Pool:

(336) 376-6424

S. Swimming

Campers will have the opportunity to swim everyday (weather permitting), except on field trip days. All campers will be put through a swim test to determine their swimming level. After completing the swim test, campers will wear swim bands that will help lifeguards identify which area of the pool they are approved to swim in. A swim band is a nylon circular strap that will be worn by each camper to distinguish his or her swimming ability. Safety comes first when it comes to water and the well being of each camper. Swim bands will be provided and will be collected after each swim period by their child's counselors. Non-swimmers (ie, swimmers who do not sufficiently pass the swim test) will be required to wear life jackets if they are in water that is "chest deep." If a campers' swimming ability improves, they will be re-tested and given a new swim band based on their new swimming skills.

T. How to Prepare for Camp

It is important that each child receive the following on a daily basis to ensure that they have a fun, safe, and energetic camp day.

- **We recommend that your child/ren bring their belongings in a backpack.** Campers will carry their backpacks with them to designated spots near program areas.
- **One snack and drink (water bottles are preferred)**
- **Swimsuit and towel**
- **Non-waterproof sunscreen** is recommended (but not required) for campers to use during the summer. Waterproof sunscreen does not come off and if rubbed in the eye, may cause irritation. Camp Directors, Counselors and Lifeguards may assist your child in applying sunscreen. However, we recommend that your child have sunscreen on before they arrive at camp.
- **Breakfast and lunch will be provided at camp.** A menu will be provided to you at the start of each session. If your child chooses to bring their own lunch, please make sure the lunch is packed in a small igloo cooler or a vinyl lunch bag. Brown bags or plastic bags do not keep your child's lunch cool and will not last if they get wet. Parents are welcome to come to camp and have lunch with their child. If your child has special dietary restrictions, please let us know.
- **Tennis/ athletic shoes should be worn for activities.** Your child will be in an outdoor environment that involves lots of walking and dirty play. We ask that your child wear comfortable clothing and shoes every day. If your child would like to bring flip flops or sandals to wear in the pool area, they are more than welcome to bring them in their backpacks. All articles of clothing that your child brings **should be labeled with your child's first and last name.** This will make it easier when identifying lost and found items at the end of the day. Lost and found will be kept for two weeks and any items not claimed after the two-week period will be donated to local charities.

The following are items that should NOT be brought or worn to camp:

- Toys (action figures, make-up, portable game players and etc.)
- Lunches that need to be heated
- Fishing Knives
- Cards (playing cards, Pokemon Cards, or other trading cards and etc.)
- Cell Phones (see policy under discipline below)

U. Cell Phones:

Recently, we have seen a rise in campers bringing their cell phones to summer camp. While we understand the need for emergency situations when children may wish to contact their parents, we also expect cell phones to be used appropriately and not to be a distraction to regular camp activities. If your child chooses to bring a cell phone to camp, the phone must be kept in their backpack. **Cell phones are not permitted to be out for texting, listening to music or playing games.** If a camper wishes to make a phone call to their parents, they must first inform their counselor of their intention. The counselor will make the decision as to whether this is an emergency situation that warrants cell phone use. Should campers have cell phones out without permission; the phone will be confiscated and returned to the parent at the end of the day.

V. Discipline Policy

Discipline is a necessary part of an effective program. The philosophy of our program is respect for all. Praise and positive reinforcement are used to establish an environment of good will. Should a discipline issue arise; the child will be spoken to in hopes that the problem can be corrected. If it cannot, time-out will be used. Time-out is not a punishment, but a discipline technique that is a calming device and a method to help children gain self-control. If behavior does not improve after time-out and appropriate attention, then counseling with the Camp Directors and Counselors will follow. If the child continues to exhibit inappropriate behavior, then a conference with the parents will take place. The YMCA reserves the right to dismiss any child whose behavior is unacceptable, without refund of camp fees. A copy of our discipline policy is included in this handbook.

At the Y, we have no tolerance for name-calling or bullying. The YMCA promotes an atmosphere of respect; from staff to camper, camper to staff and camper to camper. There are also several words and phrases that may seem commonplace these days but are not allowed at YMCA Summer Camps. Anything that can be interpreted as bullying or inappropriate language will result in disciplinary action. An example of this is saying "shut up" versus "be quiet please". If there are any questions about what is and is not tolerated at camp, please call our Summer Camp Directors.

YMCA Summer Camp Discipline Policy

We believe children learn self-control when adults treat them with dignity and use techniques such as:

- Guiding children by setting clear consistent limits for group behavior. Older children should help set their own limits.
- Visualizing mistakes as learning opportunities.
- Re-directing children to a more acceptable behavior or activity.
- Listening to children when they talk about their feelings and frustrations.
- Patiently reminding children of the rules and the rationale as needed.

Corporal punishment or abusive language of any kind is not allowed in any program at the Alamance County Community YMCA. Rules will be consistent based on the understanding of individual needs and development, and will promote self-discipline and acceptable behavior. Positive reinforcement will be used to guide the children. If necessary, a time-out period will be used to help regain control. If a discipline problem continues to persist, parents and the Directors will work together to resolve the conflict.

To ensure the uniform handling of discipline problems and corrective discipline procedures, the following guidelines have been established:

Minor Offenses

Back talking to a counselor
Not listening to directions
Leaving the group
Being disruptive/loud
Antagonizing/starting trouble
Play fighting or wrestling
Going through other people's belonging

Major Offenses

Fighting/Kicking/Endangering the safety of others
Foul language
Going to unauthorized areas of camp
Throwing restrictive objects (sticks, rocks)
Destroying YMCA equipment or property
Lying and deceiving
Name calling/teasing

The corrective procedure for each category is as follows:

Minor Offenses

Verbal Warning
Time - out
1st - Written Warning & Time – Out
2nd - Written Warning
3rd - Parent Conference
4th - 1 day suspension *
5th - 3 day suspension *
6th - Expulsion from the Program **

Major Offenses

1st - Written Warning
2nd - Written Warning/ Director & Parent Conference
3rd - 1 day suspension
4th - 3 day suspension *
5th - Expulsion from the Program **

* Suspension is for program days (weekends and holidays do not count).

** Expulsion from the program is for the remainder of the summer. There will be no refund of program fees paid. A child who has been expelled from the program may request to be allowed back into the program. This request must be approved by the Executive Director and, if granted, the child will be on a 90 day probation period.

W. Child Safety Information

The Alamance County YMCA is committed to keeping children safe in our community. This means educating ourselves and our community about child abuse and how we can work together to prevent it. Please read this document, ask us questions, and learn more about what you can do to protect children from abuse.

Information about Child Abuse

Child abusers can be parents, caretakers, friends, neighbors, or anyone who comes in contact with your child - even other youth. It takes everyone's help to stop the cycle of abuse. Below are the four types of child abuse that are recognized by most states:

- **Emotional** – Threatening a child or using words that can hurt a child's feelings and self-esteem; withholding love and support from a child
- **Physical** – Causing injuries to a child on purpose, such as bruises, burns, scars, or broken bones
- **Sexual** – Having sexual contact in any form with a child, including exposing, fondling, intercourse, pornography, or internet solicitation
- **Neglect** – Not providing children with enough food, clothing, shelter, medical care, hygiene, or supervision

Child abuse can happen between an adult to a child, or from one child to another.

Child Safe Policy

The Alamance County YMCA has more than 200 staff members and volunteers working with youth in the many programs we offer. To keep children in our programs safe we take the following steps in our intensive screening of employees and volunteers:

- Detailed application forms
- Comprehensive interview process
- Reference checks
- Criminal background record checks
- Internet Searches

Employees complete an extensive child abuse prevention training program. Supervisors and managers complete additional training to further promote a child-safe environment. All staff members are mandated to report any suspected child abuse. Staff are prohibited from working one-on-one with youth. Policies exist to ensure staff and volunteers are not alone with a child. If you observe a member of our staff violating this or any other policy, please alert us!

Working Together for Safety

Whether your child is attending one of our programs, or any youth program, we suggest having open and honest discussions with your child on a routine basis about his or her experiences. Talk to your child about his or her experiences in our programs, school, sports, and other activities. Trust your instincts. Don't wait to tell a supervisor if something seems "strange." Speak up!

Watch for warning signs of abuse:

- Unexplainable bruising or other physical markings

- Disturbed sleeping or eating patterns
- Abrupt changes in behavior—anxiety, clinging, aggressiveness, withdrawal, depression
- Fear of certain person or place
- Discomfort with physical contact

Listen and watch for signs of your child receiving special attention that other children or teens are not receiving, including favors, treats, gifts, rides, increasing affection or time alone, particularly outside the activities of school, child care, or other activities.

Every once in a while, ask your child these questions:

- Is anyone scaring or threatening you?
- Is anyone asking you to keep secrets?
- Has anyone said anything to you that made you feel bad?
- Is anyone touching you in a way that you don't like?

Encourage your child to tell you or another trusted adult if anything happens to him or her.

If you suspect abuse...

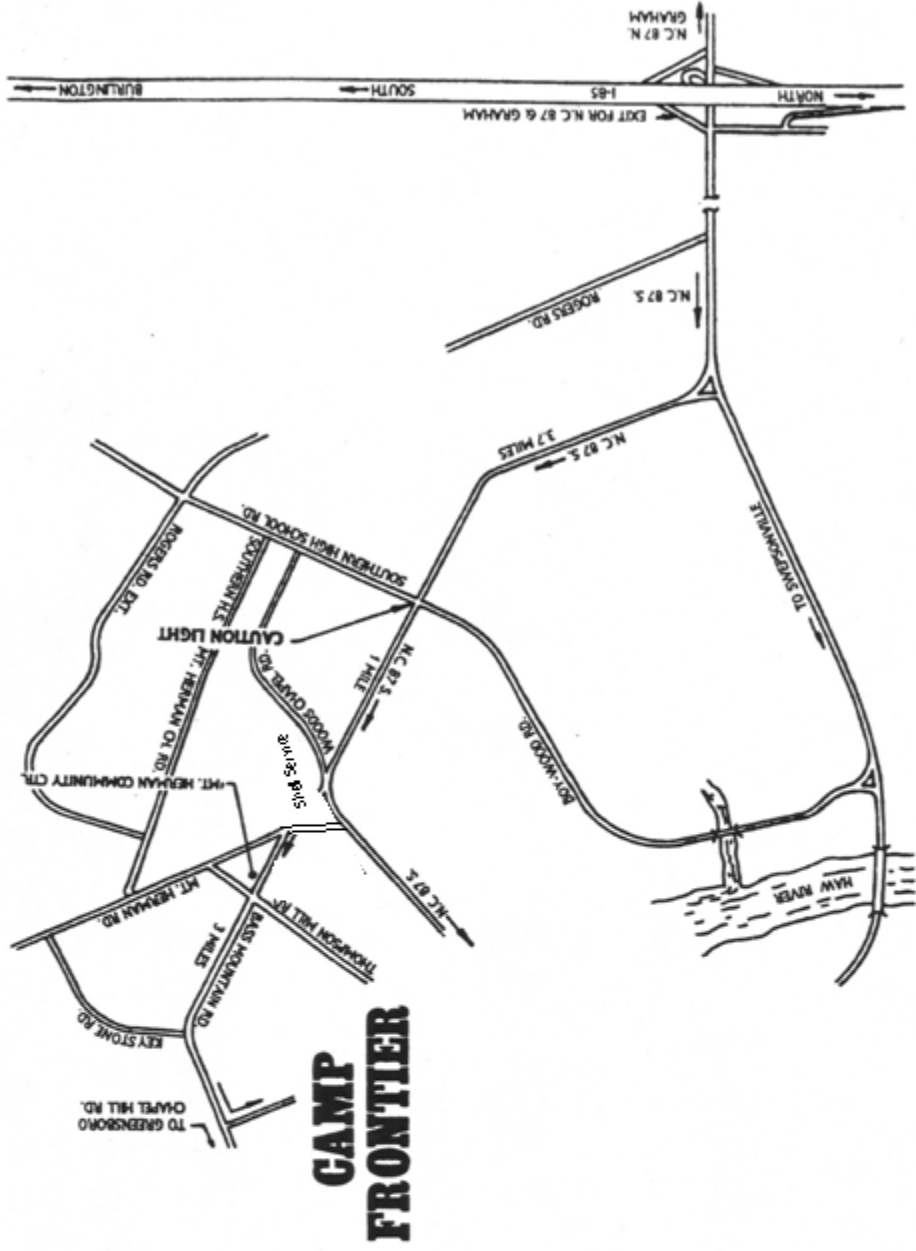
- Report this to the local Child Protective Services (336.229.2908) or local law enforcement (911).
- If you think your child has been physically injured, seek medical attention.
- If you have any questions or concerns regarding a member of our Y staff, please contact our CEO Walter Britt
- National Child Abuse Hotline 800.422.4453
- Alamance County Department of Social Services 336.229.2908
- Crossroads Sexual Assault Response and Resource Center 336.228.0813

**Alamance County Community YMCA
1346 South Main Street
Burlington, NC 27215
336.395.9622**

LOCATION

Camp Frontier's 65 acres are nestled in the southern part of Alamance County. Our setting is located at the very heart of nature for a truly delightful camping experience. Just take Hwy. 87 South from I-85 in Graham. Travel 3.7 miles past Southern High School Road (stop light) to Mt. Hermon-Rock Creek Road (right turn behind Shell Gas Station). Take the first left onto Bass Mountain Road. Travel 3 miles and there on the left marked with a towering triangle which symbolizes spirit, mind, and body is the entrance to Camp Frontier.

MAP TO CAMP FRONTIER



Medication Consent Form

Child's Name _____

Medicine _____ No. Given _____

Time of Day _____ Special Instructions _____

Parent's Signature _____

DATE	TIME OF DAY	NO. GIVEN	STAFF INITIALS

Please provide a picture of your child for security purposes