



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

2021 Summer Camp Parent Handbook

Camp Frontier, Camp Horizons & Leaders in Training

WELCOME TO CAMP!

Let us take this opportunity to thank you for trusting The Alamance County Community YMCA for your summer camp needs. We could not be more excited for this summer and have many creative ideas to make this the **BEST SUMMER EVER**. Both of our camps focus on creating new friendships, developing character and creating life long, fun-filled memories. We emphasize character development; teaching the values of caring, honesty, respect, responsibility and faith.

Please carefully read through this parent handbook. There is a tremendous amount of information and it is important that you review everything thoroughly. This parent handbook will inform you of all camp policies, procedures and special events. It will also inform you of important camp information that you and your camper should know and understand.

This handbook will provide information about the following summer camp options that we offer.

- **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. All L.I.Ts must complete the application and the interview process.

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

CAMP INFORMATION

CAMP HOURS OF OPERATION: 7:30AM – 6:00PM

Rides In Drop Off: Campers must arrive at camp between the hours of 7:30am– 8:30am

Rides Out Pick-up: Campers should be pick up between 5:15p.m. – 6:00p.m.

All campers must be picked up by 6:00 p.m. each day. (See late pick up policy.)

Camp Frontier

Rides in– All campers must be dropped off at Camp Frontier. Rides in is from 7:30am – 8:30am. If you arrive after 8:30 am, you must park your car beside the Camp Frontier Office and check in with the Camp Director.

Rides Out– All campers must be picked up from Camp Frontier between 5:15pm and 6:00pm. If you arrive before 5:15pm you will need to park your car beside the Camp Office and we will locate your child for you.

Camp Horizons

Rides in– All campers must be dropped off at the ACYMCA. Rides in is from 7:30am – 8:30am. If you arrive after 8:30 am, you must park your car in the parking lot and check in with our member services desk.

Rides Out– All campers must be picked up from the ACYMCA between 5:15pm and 6:00pm. If you arrive before 5:15pm you will need to park your car in the parking lot and walk into the ACYMCA so our member services can locate your child.

PAYING FOR CAMP

Camp Frontier and Camp Horizons Fees:

\$20 deposit per session due at registration.

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

L.I.T. Fees:

\$20 deposit per session due at registration.

Cost per session is \$70 per participant.

Participants must complete an application and interview before registering.

Pony Club Fees:

For rising 6th graders and older who are attending Camp Frontier.

Cost per session is \$30 per child (Limit three sessions per camper).

The kids favorite part of camp by far! This club will meet twice a week each session. Kids will spend the entire day receiving in-depth horse training.

Piano Club Fees:

This program is for all ages who are attending Camp Horizons. The cost is \$30 per session. (Limited to 4 campers per session). This club will meet once a week for an hour of individualized music instruction.

PAYMENT INFORMATION:

All Summer Camp payments must be set up on a Bank or Credit Card Draft. This will eliminate the inconvenience of mailing in a check each month or stopping by the YMCA to pay the balance. The balance will be drafted on the due date.

If you decide to not set up a bank or credit card draft, your total amount for camp must be paid in full by May 28th.

A \$20.00 non-refundable, non-transferable deposit per child, per session is required when you register your child.

FINANCIAL ASSISTANCE:

The YMCA is committed to providing confidential financial assistance to anyone interested in programs or membership. Financial assistance is based on need and available funds. Please let us know if you need help. More information can be found on our website at acymca.org.

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.

Session Dates

Draft Date

Week 1:	June 7 - June 11.....	May 28th
Week 2:	June 14 - June 18.....	June 4th
Week 3:	June 21 - June 25.....	June 11th
Week 4:	June 28 - July 2.....	June 18th
Week 5:	July 5 - July 9.....	June 25th
Week 6:	July 12 - July 16.....	July 2nd
Week 7:	July 19 - July 23.....	July 9th
Week 8:	July 26 - July 30.....	July 16th
Week 9:	Aug. 2 - Aug. 6.....	July 23rd
Week 10:	Aug. 9 - Aug. 13.....	July 30th

CAMP ACTIVITIES

Daily Schedule:

Please make sure your child has arrived by 8:30 AM

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

7:30 - 8:30	Rides in at Camp Frontier
8:30 - 9:00	Breakfast (provided)
9:00 - 10:00	Open Assembly
10:00 - 12:15	Scheduled Activities (Fishing, Swimming, Arts & Crafts, etc.)
12:15 - 12:45	Lunch (provided)
12:45 - 4:45	Scheduled Activities Continued
4:45 - 5:15	Closing Assembly
5:15 - 6:00	Rides Out at Camp Frontier

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

7:30 - 8:30	Rides in at ACYMCA
8:30 - 9:00	Flag pole Assembly & Breakfast
9:00 - 9:30	Open Assembly
9:30 - 12:00	Organized Activity
12:00 - 12:45	Lunch (provided)
12:45 - 3:00	Organized Activity
3:00 - 3:30	Snack
3:30 - 4:30	Organized Activity
4:30 - 5:15	Closing Assembly
5:15 - 6:00	Rides Out at ACYMCA

CHARACTER DEVELOPMENT

Character development is an important aspect of our youth programs. Campers will explore and develop their personal character through learning the importance of the Y's core values. Your child will learn about what it means to be caring, honest, respectful, responsible, and faithful. We will also explore emotion management, personal development, empathy for others and relationship building. These core values will be taught during our daily devotion huddle time.



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 campers are allowed to register per session, and a child cannot register for more than 3 sessions. You must register at the Y or online before the start of each session if you would like your child to participate.

PIANO CLUB:

This program is offered at Camp Horizons for all ages. Your child will spend an hour a day learning how to play the piano with Miss. Lizzie. This program is \$30 per session.

SWIMMING

Campers will have the opportunity to swim everyday (weather permitting). All campers will go 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 plastic circular strap that will be worn by each camper to distinguish his or her swimming ability. **Please do not cut your child's swim band off. We only give out swim bands on Mondays so they will need the band they receive after their swim test ALL WEEK.** Safety comes first when it comes to water and the well being of each camper. Non-swimmers (ie, swimmers who do not sufficiently pass the swim test) will be required to wear a life jacket. If a campers' swimming ability improves, they will be re-tested and given a new swim band based on their new swimming skills.

All campers must be swim tested or wear a lifejacket

Green Band (all-access).

Deep end test: jump into 10 feet of water and swim across the pool, under the rope to the ladder in the 4-5 foot area. Swim must be done on top of water, no doggie paddle, no stopping, no hanging on the wall or rope, and no feet on the bottom.

Red Band (shallow end only).

Shallow End Test: jump in by the shallow end rope and swim parallel to the blue line across the bottom to the other side. Swim must be done on top of water, no stopping, no hanging on the wall or rope, and no feet on the bottom.

No Band (shallow end only).

Must wear a lifejacket at all times.

If your child decides not to swim, there is not an alternative activity for them to do. Please encourage your child to swim. This is a great way to cool down and relax after playing in the hot sun and being active.



AWARDS, FOOD & OPEN HOUSE!

FOOD AT CAMP BREAKFAST & LUNCH

We are proud to say that through our food program, all of our campers receive breakfast and lunch. If you have a picky eater or a child with food allergies, you can pack them a lunch. Lunch boxes must be food that does not need to be refrigerated

WHAT TO BRING TO CAMP:

- **Back Pack**
- **Labeled Refillable Water Bottle**
- **Labeled Daily Snack**
- **Sunscreen** (Please apply all sunscreen before arriving to camp daily).
 - Please pack spray on sunscreen for after swim time.
- **Extra Change of Clothes**
- **Swim Suit**
- **Towel**
- **Wear Tennis Shoes**

WHAT NOT TO BRING:

If any of these items make it to camp, they will be taken and given to the parent during Rides out.

- Cell Phones
- Ipods/MP3 players
- Gaming Equipment
- Handheld Gaming Devices
- Toys or Cards
- Flip flops or sandals

Do not bring anything you would not want lost!



KONA ICE

Camp Frontier and Camp Horizons have partnered with Kona Ice to offer campers an opportunity to purchase ices to cool off! This special treat will be every FRIDAY! If you would like your child to participate, make sure you send them with some spending money. More information will be emailed closer to camp.

AWARDS:

CAMPER OF THE WEEK

Who's got Camp Spirit? The camper of the week sure does! Camper of the Week is awarded to one child per age group. Campers of the week award recipients are chosen based on their overall camp spirit, participation and ability to exhibit strong character through caring, honesty, respect, responsibility and faith.

CAMPER OF THE SUMMER

The camper of the summer is awarded to one camper per age group that exhibited the YMCA character values throughout the entire summer and has attended at least 6 sessions of camp. This award is presented during our Summer Send-Off Parent's Program. Due to the pandemic, we are still unsure if we will be able to have this annual program. If we cannot, we will present these awards virtually through a pre-recorded video that you can access through our website.

OPEN HOUSE:

Camp Frontier will hold a Drive Thru Open House at Camp Frontier, 5258 Bass Mountain Road in Snow Camp on Friday June 4th from 5:00pm – 7:00pm. This is an opportunity to see the camp grounds, meet the staff, and ask questions.

Camp Horizons will hold a Drive Thru Open House at the YMCA on Friday, June 4th from 5:00pm – 7:00pm. Parents and campers can meet the staff and ask questions.

DROP OFF & PICK UP PROCEDURES

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. If your child is a camper in **Camp Horizons** they may be dropped off between **7:30 - 8:30am** in the circle loop at the front of the YMCA. If your child is a camper in **Camp Frontier** they may be dropped off between **7:30 - 8:30am** at Camp Frontier. 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 - 6:00pm** parents of **Camp Horizons** participants 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 5:15pm you will need to park and come to the Welcome Desk of the YMCA. Parents of **Camp Frontier** participants will need to pick up their camper at Camp Frontier.

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 Staff. Extra identification cards are available upon request.

LATE DROP OFF/EARLY PICK UP

Please arrive to camp by 8:30am and do not pick up before 5:15pm. Camp Frontier and Camp Horizons dedicate drop off and pick up staff during those designated times. Late drop off and early pick up will require parents/guardians to be patient. Between the hours of 8:30am-5:15pm, camp staff will be engaged in other camp operations and obligations.

LATE PICK UP POLICY

Camp Frontier and Camp Horizons ends each day at 6:00pm.

The YMCA allows a 5-minute grace period before late fees begin to accrue.

The late fees are:

6:06-6:15	\$15.00 per family
6:15-6:30	\$30.00 per family
6:30-6:45	\$45.00 per family
6:45-7:00	\$60.00 per family

If your child is not picked up by 7:00pm, the fees will increase to \$20.00 every 15 minutes. Please note that Summer Camp may be discontinued if lateness becomes excessive, and the 5 minute grace period can be discontinued if it becomes your regular pick-up time.

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 9:00am 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.

CUSTODY CONCERNS

It is the YMCA's intent to meet the needs of children, especially when the parents may be experiencing difficult situations such as a divorce, separation, or remarriage. However, the YMCA cannot legally restrict the non-custodial parent from visiting the child, reviewing the child's records, or picking the child up with proper pick up identification card unless the YMCA has been furnished with current legal documents. Copies of these court documents must be kept in the child's file.

DISCIPLINE & SERVICE TERMINATION

DAY CAMP DISCIPLINE

Praise and positive reinforcement are effective methods of behavior management of children. When a child receives positive, non-violent and understanding interactions from adults and others, they develop good self-concepts, problem solving skills and self-discipline.

Camp Frontier and Camp Horizons' behavior management policy is a guidance policy. We strive to steer campers toward good decision making and improved actions. Considering each camper's age, developmental stage, and personality we establish fair and reasonable expectations of behavior and follow the below standards for redirection.

Developmentally appropriate expectations are set for each camper's behavior.

- The camper will respect the rights and feelings of others and will avoid disruptive behaviors that would interfere with program activities.
- Aggressive behaviors such as hitting, kicking, biting, tripping, verbal "put-downs", spitting, and other inappropriate behaviors will not be tolerated and may result in immediate expulsion from the camp program.
- The camper will follow all directions given by the staff regarding safety procedures and will stay with the group for all scheduled activities.
- The camper will respect the private property of others and understand that stealing or vandalizing the property of others will not be tolerated. The repair or any maliciously caused damage will be paid for by the parents/guardians of the camper who caused it.
- The Alamance County Community YMCA has a "no tolerance" policy on violence and bullying and has the right to expel any camper at their discretion.

DISRUPTIVE BEHAVIORS

Children are entitled to a pleasant environment at the YMCA; therefore, the YMCA cannot serve children who display chronic disruptive behaviors. Such behavior is defined as "verbal or physical activity that may involve, but is not limited to bully behavior or behaviors that require constant attention from the staff, inflicts physical or emotional harm on other children, abuses the staff and/or disobeys the rules that guide behavior."

If a child cannot adjust to the YMCA setting and behave appropriately, the child may be discharged.

The Alamance County Community YMCA reserves the right to suspend or dismiss a child for behaviors that cause physical, mental or emotional harm to themselves or other children and staff.

DISCIPLINE STEPS

STEP 1: Talk to the child about the behavior or action that is causing disruption or harm.

STEP 2: Time out from an activity.

STEP 3: Loss of privileges.

STEP 4: Phone call to a parent/guardian to discuss the behavior challenge.

STEP 5: Formal Disciplinary Write Up.

(Formal Disciplinary Write Up forms may be used as the first Step of behavior redirection if the behavior warrants).

AFTER 3 WRITE UPS: A conference will be held between the Camp Director, Staff, Parents and Child.

AFTER 5 WRITE UPS: The child may be suspended for up to a week or face expulsion from all child care programs at the Youth & Family Director's discretion.

Some behaviors may result in immediate suspension or expulsion from the program. These may include but are not limited to fighting, causing bodily harm or mental distress to other children and the use of inappropriate language or words.

BEHAVIOR REDIRECTION

When a camper engages in inappropriate behavior that threatens the health or safety of herself/himself or others, YMCA Staff will do the following:

1. Take immediate action to stop the behavior.
2. Inform the camper and parents/guardians of the disciplinary action that will be taken. If the severity of the inappropriate behavior warrants, or if the camper cannot be controlled "on the spot," it may be necessary to temporarily remove him/her from the situation. Parents/Guardians may be called to pick up their camper immediately.

In all other situations where the safety of the camper or others is not directly jeopardized, YMCA Staff will discuss the behavior problem with the camper, but will take no further action unless the camper repeats the behavior. This process assists the camper in learning to take responsibility for his/her actions. In these cases any of the following disciplinary procedures will be used:

- A. Hold a discussion with the camper about the inappropriate behavior and its consequences.
- B. Inform the camper of any disciplinary actions to be taken if the behavior is repeated.
- C. Redirect or provide time away from the activity, with the camper returning to the activity contingent on a willingness to behave appropriately.
- D. Provide time away from the activity and notify the parent/guardian of the camper's behavior. If the behavior continues, a parent/guardian conference will be held.

If a camper's persistent inappropriate behavior interferes with the needs, safety, or well-being of other campers, they may be suspended or expelled from camp. The decision to suspend or expel will be carefully considered and discussed before the action is taken.

There will be NO refund or transfer of fees paid if a camper is suspended or expelled from camp.

TERMINATION OF SERVICE

Summer day camp services can be terminated for the following, but not limited to, reasons;

- Consistent late pick-ups.
- Failure to pay tuition in a timely manner.
- Failure to comply with the YMCA policies and procedures concerning ill children.
- Extreme behaviors that prevent the camper from participating safely with peers.
- Extreme behaviors that prevent the staff from providing appropriate supervision to all campers in their care.
- Failure to follow all established policies and procedures set forth by the Alamance County Community YMCA, Camp Frontier and Camp Horizons summer day camp program.

PARENT PARTICIPATION

We feel that the relationship between parents and staff is essential for the successful development and continued growth of our campers.

We ask that the parents support the camp staff when challenges arise and assist in the redirection of the campers' behavior. Staff may reach out often for guidance and support from parents. It is our goal to maintain open lines of communication to ensure all campers have a positive experience at Camp Frontier and Camp Horizons.

CAMP STAFF

Camp Frontier and Camp Horizons take the safety and well being of your campers very seriously. In order to ensure a quality program experience for you and your family, all of our staff are first-aid and CPR certified, and go through various trainings provided by the YMCA. All Staff receive a background check.

COVID-19 CAMP GUIDELINES

Screening:

Prior to their shift starting, we will take the temperature of each staff member. We will also take the temperature of each child before allowing them in the program.

Isolation Room/Area:

Frontier- Ally's office at Camp Frontier will serve as an isolation room to quarantine a sick child as they wait for their parent(s) to pick them up. Parents must pick up sick children within one hour of being contacted.

Horizons- Lizzie's office will serve as an isolation room to quarantine a sick child as they wait for their parent(s) to pick them up. Parents must pick up sick children within one hour of being contacted.

Healthy Environment:

- Social distancing of children and separating children into smaller groups that fall within state or local guidelines.
- Do not share equipment and clean equipment between use.
- Limit the mixing of campers from groups (e.g., stagger playground time, keep groups separate for special activities such as art, music, movement).
- Disinfect high-touch hard surfaces throughout our sites **hourly**, such as door handles, light switches, faucets, toys and games that children play with.
- Enhance deep cleaning every night in all areas, on all touched surfaces.
- Increase the deployment of anti-bacterial hand sanitizers and disposable gloves.
- Educate our staff on COVID-19 symptoms as well as preventative measures.
- Instruct employees and children to wash/scrub their hands a minimum of **hourly**, which has been proven by the CDC to be the most preventative measure.
- Mandate that those who are not feeling well to stay home to prevent the spread of germs.

Transitions:

Groups will transition one at a time to allow a deep cleaning process at each activity during transition times. Deep cleaning includes using disinfectant and sanitizer solutions on all surfaces and equipment used by any child or staff member.

Inclement Weather Plan:

Frontier- If the weather is overcast and rainy we will still have camp as usual and adapt our program to make the rainy or cloudy day fun. If there is a threat of severe thunderstorms, we will be forced to cancel Camp Frontier. Due to our current restrictions concerning Covid-19, we will not be able to follow the guidelines set in place by the YMCA and the government. You will receive an email about the cancellation and our social media will be updated.

****Please keep in mind that Camp Frontier is an OUTDOOR camp so please dress your child accordingly.****

Horizons- Since Camp Horizons is an indoor/outdoor experience, Camp Horizons will run camp as usual but will just be indoors on rainy days.

HAND WASHING

- Hand washing will be the primary source of hand hygiene. If unavailable, campers will use hand sanitization solutions.
- Campers will wash their hands before and after meals, after using camp supplies, and at other times throughout the day.

CAMPER AND STAFF ILLNESS

- Campers and staff who are sick (any fever, respiratory, or gastrointestinal symptoms), believe might have COVID-19 or have been in close contact with someone who has COVID-19 should stay home. They will be excluded from camp until they can answer YES to all of the following questions:
 1. Has it been at least 10 days since you first had symptoms?
 2. Have you been without fever for three days (72 hours) without any medicine?
 3. Has it been three days (72 hours) since your symptoms have improved?
- Siblings and or individuals whom share the same household as the ill camper and/or staff must also go home and may not return until the ill camper returns based on the above requirements.
- If a child comes to camp with a fever or develops a fever while at camp that is over 100.3 degrees they will need to go home immediately.
- **If you have your camper tested for COVID-19 they MAY NOT return to camp until they have received a negative test result.**
- If a camper is diagnosed with COVID-19 within 14 days of attending camp, parents/guardians must report this to the camp location and facility.

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 at (336) 395-9622.
- 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.

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: 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 you to contact the camp director to set up a conference to discuss the needs of your child.

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 Rd 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.

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.

MEDICATION, EMERGENCY CONTACT INFORMATION

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.

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.

COMMUNICATION: E-MAIL/PHONE NUMBERS:

We utilize e-mail to ensure great parent-staff communication. You should expect weekly emails for the sessions you are signed up for. 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)

asnuggs@acymca.org

Elizabeth "Lizzie" Cheek (Camp Horizons)

echeek@acymca.org

YMCA Phone Number:

(336) 395-9622

Camp Frontier Office:

(336) 376-9793

Camp Frontier Pool:

(336) 376-6424

Facebook

Alamance County YMCA Youth Programs

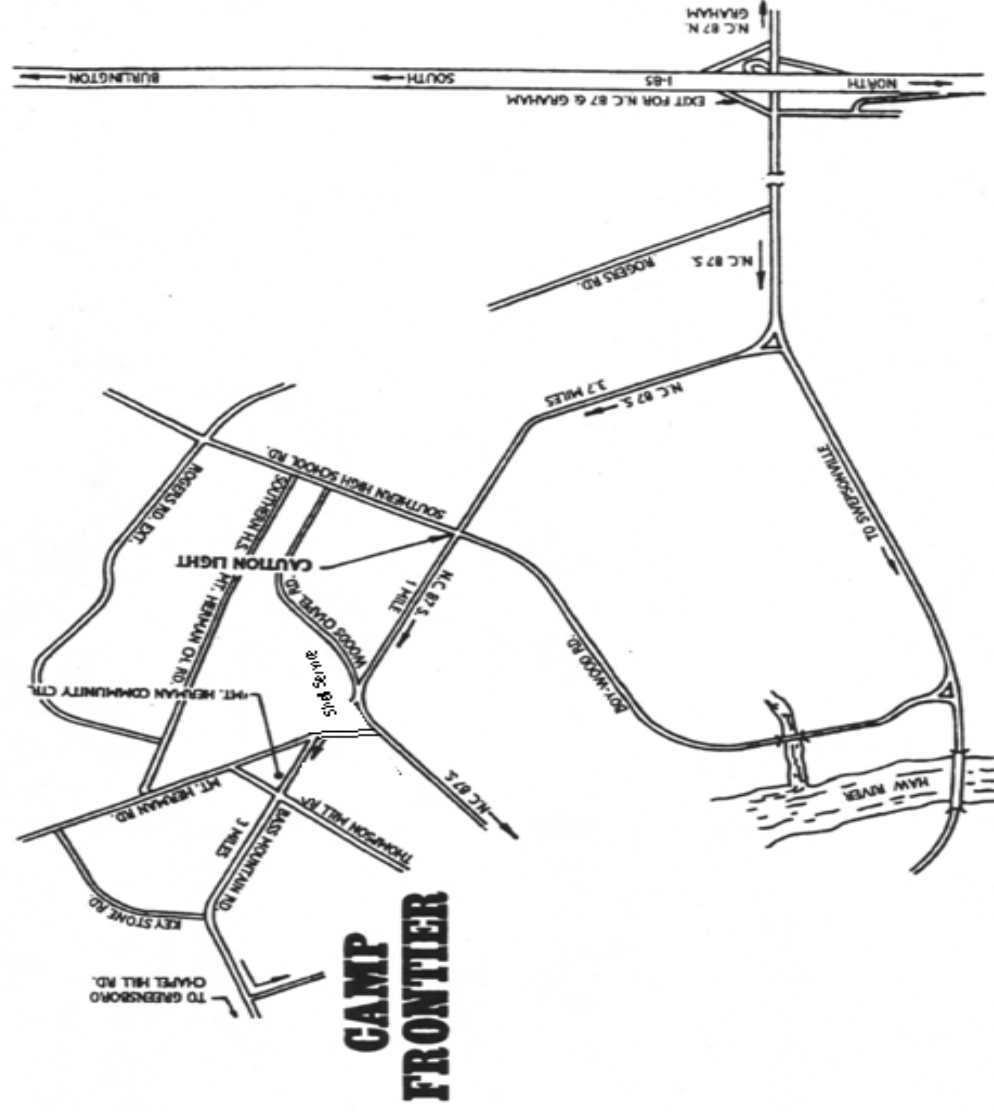
Instagram

@acymcayouthprograms

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 _____

[illegible]

Please provide a picture of your child for security purposes