

SUMMER 2021 LEADERS IN TRAINING PARENT GUIDE



Welcome LITs

We are thrilled you will be a part of the Camp Harrison LIT program! LIT stands for "Leaders in Training." The goal of our LIT program is to develop leadership skills, rather than just molding future counselors (Although we do hope that some will still choose to apply as counselors during future summers). We are convinced your time with us this summer will be a big step in your journey of leadership development, and we are so excited to be a part of it. We put together this guide to provide you with some more details on how your four weeks will look so that you can arrive prepared and ready to go.

YMCA Camp Harrison Building Confidence, Character and Faith.

Contact Information

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Check-In and Check-Out

Check-In Week 1

LITs will check in at 2:00 PM for week 1. We ask that LITs come in the delivery entrance to camp, located off of Fallview Rd. Upon arrival, LITs can proceed to cabins 7 and 8, where a health screening will be conducted. Staff will help unload LIT luggage. Parents will be asked to stay in their vehicles throughout check-in, unless the LIT has medication to be dropped off with the camp nurse, who will be located on the LIT cabin porch during check-in.

Check-Out

Check out time is from 9:00 AM-10:00 AM on the final Saturday of the LIT session.

Changeover

The LIT Program will continue throughout the weekends. We have planned programming and leadership opportunities that will be taking place. There will not be scheduled time for LITs to leave camp, but we understand that family emergencies and unforeseen circumstances could arise. If that is the case, please, contact the Camp Harrison Office to make arrangements.

Medical Forms

We partner with CampDoc.com to provide the best possible care for our campers and staff. All LIT parents should have received an email detailing instructions for completing camper health care information. Please, set **register@campdoc.com** as a safe sender to avoid delivery to a junk/spam folder.

Before camp, you will be asked to submit the following online:

- Medical Insurance card
- Prescription Insurance card (if different)
- Camper immunization record
- A doctor's plan for any diagnosed chronic condition
- A confidential camper health profile

Packing for Camp

What to bring

A packing list is available on the [Parent Resources](#) page of our website, and will provide you with information about what you should (and should not) pack for camp. Camp provides the necessary equipment for all activities. Please remember, Camp is not responsible for personal items brought to Camp, including recreation equipment.

Additional Items for LITs to bring:

- Notebook
- Writing utensils
- Khakis for check-in days
- Hammock (optional)

Spending Money

No spending money is needed at camp. LITs will be provided with canteen (snack and drink) each afternoon. If you want your LIT to have spending money to use in the Camp Store, you can purchase store bucks during check-in.

Laundry

Laundry service will be offered to LITs on a weekly basis. Please, send your LIT with a labeled laundry bag in which they can put clothing items they want to wash. **We do recommend that LITs pack enough clothing for 2 weeks of their stay.**

Communication during Camp

Email

LITs may receive one way emails through [Y Camp Life](#) or at campharrisoncampers@ymcacharlotte.org for no additional cost. Emails are printed Monday – Friday by 11:00am. Emails are not printed on Saturdays or Sundays. **Email Subject line must include LIT's First/Last Name and Cabin # to ensure delivery.**

Photos

LITs are welcome to bring their cameras with them to camp, but we will also take pictures around camp throughout the course of the week. Each day, our pictures will be uploaded to [Y Camp Life](#), where you can view them.

Care packages and US mail

- No care packages can be dropped off at check-in or mailed to camp
 - Care packages can be packed in LIT's luggage, but camp staff will not be delivering outside care packages
 - We will have pre-assembled care package options available for purchase from the camp store
 - Store bucks will also be available for purchase during check-in
- We encourage you to send messages to your LIT through the [YCampLife](#) Platform
- Letters are allowed (but sending emails is preferred)
- Camp Harrison will provide postcards for LITs to write home.

Phone Calls

LIT cell phones will be locked up in the camp office during their stay. If you would like for your LIT to call you during their stayover weekend, they will be given time to do so on Saturday afternoons.

Birthdays at Camp

Many campers celebrate their birthdays while at camp. Campers with birthdays are recognized in front of the entire camp at either lunch or dinner. Reminding us at check in of your camper's birthday is appreciated. Parents are welcome

to send cake/cupcakes/cookies to share with the cabin, but any edible treats must be store-bought with listed ingredients. **Due to food allergies, products that contain nuts cannot be served.**

Life at Camp

Bunk Information

During summer 2021, LITs will be housed with the other LITs of the same gender. LITs will spend time during the day assisting other cabin counselors with running activities, meals, etc. LITs will be required to wear masks while they are interacting with cabin groups.

COVID-19 Activity Precautions

- Cabins will rotate together to all activities with their cabin counselors and LITs will rotate with their assigned cabin
- Counselors and campers will help decide, as a cabin, which activities they want to participate in
- High risk activity specialists will supervise from 6 feet away or will wear face masks, when maintaining 6 feet of distance is not possible
- Campfires, talent shows, vespers, and other evening programs will take place outdoors and 6ft will be maintained between cabin groups

YMCA Ragers Program

The YMCA Ragers Program is a goal-setting program for campers age 12 and up, in which campers challenge their personal and spiritual growth. This program is designed to help staff and campers take a closer look at themselves in relationship to their own strengths and weaknesses, their religious beliefs, and the people around them. The rags are outward symbols of the acceptance of an inner challenge for Christian/personal growth.

Swim Test

Every camper will be swim tested in accordance with the YMCA of Greater Charlotte Aquatics Standards. Campers wear identification of their swim level while at camp, ensuring they are kept safe and challenged, depending on their experience.

Dining Hall

A variety of fresh fruit, hot & cold cereals, vegetables and kid-friendly options are offered at every meal. **Food will be served using a combination of cafeteria and family-style, by cabin.** Vegetarian options are always available. Products that contain peanuts and tree nuts are not served in the dining hall. Other special dietary needs should be indicated on the camper health history and directed to the Camp

Harrison office. The dining hall is successful in accommodating campers with most food allergies.

Discipline

Camp rules are designed to enhance the happiness and safety of all campers. The LIT Coordinator will contact parents to let them know if there is an on-going behavioral problem. LITs who do not demonstrate appropriate behavior, in the judgment of the Directors, will be sent home. Early dismissal from Camp will not warrant the refund of fees.

Safety and Medical Information

All of our summer staff are certified in Basic First Aid and CPR, with a majority of our staff being YMCA Lifeguard certified. Staff and camper temperatures will be taken twice daily. Accident insurance is not included in the camp fee.

Medicines

For the safety of all campers, medications must be in original bottles/containers (including any-over-the-counter medication or vitamins) and must be checked in with Camp Nurse during check-in. No medications are allowed in cabins (exceptions: inhalers & epi-pens). LIT medications are dispensed by a camp nurse at mealtimes. "As needed" medications will be kept at the Health Center and brought up at meal times. If there are any changes in your camper's medications, please, update your profile prior to check-in.

Medical – Health Center

LITs who are not feeling well have the opportunity to visit the Health Center, as needed. The health center is staffed and open 24 hours a day for urgent medical situations. All camp nurses are Registered Nurses (RNs) and work under doctor's orders. Doctors are on call for consultation in nearby North Wilkesboro.

Response to Illness or COVID-19 Exposure

1. Response to Illness- Monitoring and Preparing
 - If fever is suspected, temporal thermometers will be used to check. If fever is present (100.4), we will notify parent/emergency contacts to pick up the child.
 - In the event of fever or other symptoms of illness, the child will be allowed to rest in the health center away from other children while waiting for parent to pick up.
 - Staff will continue to follow our wellness policy and call parents to pick up if any of the following conditions exist.

- The illness prevents the child from participating comfortably in camp activities.
- The illness results in greater need than the YMCA staff can provide without compromising the health and safety of other children.
- The child has any of the following conditions:
 - A fever 100.5 degrees or higher. Children must be fever-free for at least 48 hours without fever-reducing medication before they can return to camp programs. If fever is a result of COVID-19, children cannot return to program for 14 days.
 - Continuous and/or colored nasal drainage. A current note from a physician can be provided if drainage is caused by an allergy.
 - Diarrhea. Child cannot have more than two loose stools in a 24 hour period.
 - Vomiting within a 24 hour period.
 - Communicable diseases. Examples include, but are not limited to, pink eye, head lice, skin rash, and strep throat.
- If a child or staff member develops the following symptoms, they will be sent home as soon as possible: fever, cough, shortness of breath.
- If a child or staff tests positive for COVID-19, they cannot return to programming for 14 days.
- All policies regarding illness also apply to staff

Heat and Sun Precautions

Water stations are located at every activity to ensure proper hydration. We encourage LITs to bring their own water bottles and sunscreen, but we also provide hypoallergenic sunscreen for those who need it.

