



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**SUMMER
DAY CAMP
BE YOU**



2022 SUMMER DAY CAMP FAMILY HANDBOOK

LAKE NORMAN YMCA

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ABOUT LAKE NORMAN YMCA

As one of the few waterside YMCA facilities in the country, and only in the Charlotte area, the Lake Norman YMCA provides a unique camping experience. Campers are exposed to a diverse range of outdoor and water activities that allow them to explore nature, find new talents, and try new activities. Specialized add-on activities and camps like gymnastics, sports, performing arts, and field trips are also available. This enables your child to gain independence and make lasting friendships and memories all while having FUN!

For a complete list of camps, camp guides and add-ons for each age group; please visit the Lake Norman YMCA membership desk or ymcacharlotte.org/lakenorman/camp

OUR VALUES (CHARACTER TRAITS)

Caring, Honesty, Respect, Responsibility, Faith

OUR FOCUS

For Youth Development: Nurturing the potential of every child and teen.

For Healthy Living: Improving the nation's health and well-being.

For Social Responsibility: Giving back and providing support to our neighbors.

PURPOSE AND GOAL

As an aspect of our organization's focus, Youth Development, we strive to help campers learn and grow through carefully planned, mission-focused curriculum that teaches the following four pillars:

- 1.) Healthy Choices
- 2.) Building Relationships
- 3.) Skill Development
- 4.) Servant Leadership

Through this we will achieve our goal to provide a safe, wholesome Christian environment so that your child may achieve their greatest God-given potential.

DIVERSITY AND INCLUSION

The YMCA of Greater Charlotte recognizes that individuals, families, and communities are diverse. The YMCA values and respects this diversity and chooses to be inclusive through its acceptance of all individuals regardless of race, age, gender, religion, ability or cultural identity.

CAMP JARGON AND COUNSELOR NAMES

Throughout your campers' experience, he/she will refer to certain terms known only throughout the YMCA Day Camp. Below is a list of terms we use and a brief definition.

Camp Session- Day camp is broken up into weeks, which we refer to as a session. Each session is numbered, starting with 1 and ending with 12.

Camps- Day camp is comprised of multiple "mini" camps focusing on a specific area (Sports, Art, Themed, etc.). Those "mini" camps are then divided into smaller groups called camps to allow your camper to have the best camp experience possible to offer.

Counselor Names- This is one of the many fun and unique ways our counselors have to connect with each camper. These names are either chosen by the counselor or given to him/her by their peers.

CAMP STAFF

What's the key ingredient to a great camp? Great staff! We start by hiring counselors with excellent character, strong values, enthusiasm, and working with kids. Before camp starts, we add to their skills with more than 30 hours of training such as child development and conflict resolution. We recruit our Day Camp staff through local churches, leadership organizations, local high schools and college students.

All camp staff is trained in: CPR & First Aid, Child Abuse Prevention, and Working with Children. ***Due to our policy on Child Protection, our camp staff is not allowed to babysit for participants they meet in the program.**

Communication is a key component of staff responsibilities. We are committed to addressing parents' questions and needs as timely as possible. Camp Directors and counselors are interacting with your camper and may only receive messages once per day. To speak with day camp staff, please contact our camp office. Be sure to let us know of any issues, news and successes your child may be experiencing. Also please make sure we have your correct email so you receive camp news and updates. lakenormanyouth@ymcacharlotte.org or 704-716-4418

CAMP LEADERS

| | |
|------------------------------|-------------------------------------|
| Anastasia Schmidt (Rapunzel) | Camp Coordinator |
| Ryan Swengros | Sr. Program Director/ Camp Director |
| Brooke Brown | Youth Development Director |
| Crystal Sadler | Youth Development Director |
| Amber Roland | Gymnastics and Dance Director |
| Teresa Bostic | Aquatics Director |
| Javier Salazar | Sr. Membership Director |

CAMP DATES

| Session#: | Camp Dates: | Session#: | Camp Dates: |
|-----------|--------------------------|-----------|-------------------------------|
| 1 | June 13-June 17 | 7 | July 25-July 29 |
| 2 | June 20- June 24 | 8 | August 1-August 5 |
| 3 | June 27-July 1 | 9 | August 8-August 12 |
| 4 | July 5-July 8 (TUES-FRI) | 10 | August 15-August 19 |
| 5 | July 11-July 15 | 11 | August 22-August 24 (MON-WED) |
| 6 | July 18-July 22 | | |

REGISTRATION

Welcome, we are happy you have decided to send your child to Lake Norman YMCA Day Camp. Before your child can start enjoying this wonderful, enriching program, please download and complete the registration form (located on our website). Bring the completed form, updated immunization records and either payment in full or a \$10 non-refundable deposit for each session per child registering. Deposits are applied to the camp balance and are non-refundable. Transfers or Cancels must be made at least 8 days prior to the camp beginning. Registration opens February 1st for YMCA members and February 15th for Program participants.

The YMCA strives to:

1. Welcome all individuals in its programs and facilities.
2. Develop programs that respond to the needs of its membership, participants and community.
3. Work to provide hiring and employment practices that is unbiased.
4. Hiring and maintaining diverse staff and volunteers.
5. Use resources to maintain a safe environment without discrimination to harassment against individuals.

The Day Camp Program is not licensed by the State Department of Child Development. The YMCA of Greater Charlotte Day Camp Programs adheres to the YMCA quality standards.

PAYMENT PROCEDURES:



Please refer to the registration packet for information on the following topics:

- > Registration Deposits
- > Cancellations/ Refunds
- > Late Registration
- > Registration Changes (Transfers)

PAYMENT DUE DATES

Any balance due for each session must be paid in full before the camper can attend the session. **There will be no exceptions.** All payments/balances for camp registration must be made by the following payment schedule:

| | |
|--------------|--|
| Sessions 1-2 | Payment Due Date: May 15 th |
|--------------|--|

| | |
|---------------|--|
| Sessions 3-4 | Payment Due Date: June 1 st |
| Sessions 5-6 | Payment Due Date: June 15 th |
| Sessions 7-8 | Payment Due Date: July 1 st |
| Sessions 9-10 | Payment Due Date: July 15 th |
| Session 11 | Payment Due Date: August 1 st |

FINANCIAL OBLIGATIONS/ASSISTANCE

Financial Assistance or what we formally called, "scholarship," is available through "My Y Pricing." My Y Pricing is the YMCA's rate structure designed to help us fulfill our mission to serve all by being affordable, logical and relevant. There are two factors to determine your membership/program rate: the number of people in your household (Adults 18yrs + & Children 17yrs and younger) and your annual household income.

In order to verify your annual income we will need to review your current tax return: 1040 line 22 or 1040 EZ line 4 (we are still accepting returns from 2020). If you did not file taxes last year, please call 1-800-829-1040 to receive a free statement of non-filing. If your current income does not reflect 2020/2021 1040, please provide your 1040 along with documents that support change in income (ex. Two current pay stubs from new job, unemployment documentation, divorce documentation, job separation, etc).

RETURNED CHECK CHARGES

There will be a \$25.00 charge for any check returned to the Lake Norman YMCA. After two returned checks, we will accept money orders only. Outstanding balances resulting from uncollected returned checks must be rectified before the child may enroll or attend any YMCA program.

INSURANCE

The YMCA of Greater Charlotte provides liability insurance on all programs. It is the program participant's responsibility to provide his/her own accident insurance coverage. Parents should include their personal health insurance information on the child's health form. This information will only be used to facilitate medical treatment if required. Parents are responsible for prescriptions and charges incurred for outside medical treatment of their child if such services are required while in attendance at the YMCA Day Camp.

MEDICATION POLICY



The Lake Norman's YMCA prefers that all medications be administered at home before camp. However, if medications are absolutely required, please be sure to notify the Day Camp Program Office. A complete and signed medication release form must accompany all prescription medications. Prescription medications must be in the original, prescribed container that identifies the prescribing physician, name of medication, dosage amount and when it should be administered. Place the medication and medication release form in a Ziploc bag with the child's name clearly written on the bag. Also, provide written clearance if you would like staff to administer medication to camper. All medications must be checked in with the Day Camp Program Office. No medications, including over the counter items such as vitamins, creams, lotions, aspirins, allergy medication or liquid medications will be distributed.

SPECIAL EMOTIONAL / PHYSICAL NEEDS

Campers with special emotional or physical needs should be called to the attention of the Camp Director by fully describing any unique requirements of the camper at least two weeks prior to arrival. Please call Camp if you have questions regarding children with special needs. **We will make every reasonable accommodation possible to serve children with special needs.** However, some activities make it difficult to provide efficient care to some physically challenged campers. Please contact the Day Camp Director regarding special circumstances.

DISCIPLINE

The philosophy of our programs is based on the golden rule with respect shown for all participants. Good manners and personal empathy are traits we will foster. We work with children on an individual basis. Rules, expectations and consequences are clearly communicated to campers at the beginning of camp.

Encouraging good behavior helps discourage unacceptable behavior. Therefore, using this principle of positive reinforcement, each child will be praised for good work and made to feel important and successful. Negative behavior will be addressed and the child will be redirected towards positive behavior. Under no circumstance will physical attacks be allowed at camp. Campers who physically harm staff or other campers will be dismissed from camp immediately.

If a discipline problem arises:

1. A warning will be given. The child is spoken to about the issue and redirected to another activity that may correct the problem.
2. If the discussion and redirection does not seem to help, the child is then sent to the camp office.
3. If the problematic behavior continues, the parent/guardian is notified and the behavior is documented.
4. If these steps do not correct the problem, the parent/guardian, child, counselor and director will meet to discuss corrective options.
5. Should this process prove unsuccessful and behavior is not corrected, the child may be dismissed from the program.

Parents be assured of the following:

- > Food or water will never be withheld as a means of discipline.
- > Children will never be disciplined for toileting accidents.
- > Physical discipline (shaking, spanking, slapping) will never be used.

PHOTO ID PROTECTION

At the Lake Norman's YMCA your child's safety is a top priority! To further protect your child, we will request a photo id from any person picking up a child within all of our childcare facilities. It is the parent/guardian's responsibilities to inform us who is authorized to pick your child up and to inform those individuals authorized to pick up your child from camp that they will need to show a Photo ID. Lake Norman's YMCA reserves the right to deny custody to all persons who do not show a Photo ID, are not on the list of persons authorized for pick-up, does not have a properly-secured child passenger restraint device and/or appears to be intoxicated.

PARENTS VISITATION

You are always welcome at camp and we encourage you to visit and talk with our staff about our programs. However, when visiting you must check in at the program office, show them your photo ID and get a visitors badge prior to visiting your child/children. No one is allowed to walk around the campgrounds without checking in with the program office and receiving a visitor's badge. If there is no one available in the program offices, please see the sales and service staff.

CAR SAFETY

All children must be buckled up when leaving day camp. Children under eight years old and weigh less than 80 pounds must be in a properly-secured child passenger restraint device (CRD) that meets federal standards and is appropriate for the child's weight and height. This device must be in the back seat of the car.

The safety of your child is paramount. Your child will not be placed in a car that is not properly equipped with a child safety seat for your child. Furthermore, your child will not be released to or placed in a vehicle with anyone that a YMCA staff member suspects is under the influence drugs or alcohol.

EARLY AND LATE PICK-UP

Any time before scheduled pick up time is considered early pick up. You may walk into the program office at any time to pick up your camper. Please remember that it may take up to 30 minutes for us to sign them out and

retrieve your child for you. We appreciate your patience in this matter. If a parent emails or calls at least four hours prior to early pick-up, then the staff will have the child waiting in the program office. If child is on a field trip, then we will be unable to retrieve your child until the bus returns - **NO EXCEPTIONS.**

We will grant a five-minute grace period for late pick-ups. After the grace period, a \$1.00 per minute toll is assessed and payment is expected upon your arrival. If a parent continues to be late, the fee will increase and a meeting will be scheduled with a director.

PARENT INTOXICATION

At times, we are called to make decisions concerning their safety. If a YMCA staff member has reason to believe that a parent is under the influence of drugs or alcohol at time of pickup, then we will detain the child until an alternate plan of transportation can be arranged for the parent and child. We will first attempt to contact another family member or spouse. If unavailable, we will then attempt to reach an emergency contact. If those means are unsuccessful, a cab will be called at the parent's expense. If the parent who is suspected to be under the influence is unruly, uncooperative or violent, then the police will be immediately contacted.

CUSTODY ISSUES

In cases of separated or divorced parents where visitation rights are denied to one parent, we cannot deny releasing the child to such parent unless a court decree or separation document is filed with our program office expressly forbidding such parent from picking up the child from our program or at times not allowed by the court decree. The court decree must also be specific to the rights of visitation on the YMCA/Camp property during camp hours. The court document must specify in writing that visitation is permitted by the non-custodial parent. Otherwise, visitation **WILL NOT BE PERMITTED.**



RIDES IN/ RIDES OUT PROCEDURES

Camp Rides-In and Rides-Out procedures will require some time and patience to master. Please be understanding during the first few weeks of camp as the campers adjust and you as parents figure out the routine.

We realize that our drop off system may be a new experience for you and your camper and we understand that you and they may feel excited or scared. Our system has been a success for over twelve years and we are confident that your children will soon be comfortable with this process.

RIDES-IN

Arrival is a very busy time of the day and we require that the counselors have their full attention on the children. It is imperative that we keep the line moving, if you have questions at arrival, please call or email the program office. In addition, please remember that Mondays are the busiest day of the week. To better serve you, send in questions prior to camp. This will save you time and prevent you from waiting. A staff member will reply as quickly as possible.

Rides In Schedule:

- > Drop-off for School age campers anytime between 7 and 9 AM
- > Preschool anytime between 7 and 9 AM

Early care is from 7:00AM until 9:00AM. (No Additional Charge)

Rides-In ENDS PROMPTLY AT 9:00 AM, If you arrive after this time, please wait patiently at the sign in table (picnic table at the beginning of the car rider loop). We begin late sign in at 9:30 AM, as soon as all campers and groups have made it to their first activity for the day.

If you arrive after rides-in is completed, then you will need to pull into the car rider loop (after 9:30am) and call the program office for sign in assistance.

This is done as a safety precaution to ensure that we have accurate attendance. Do not send your child to sign themselves in to camp. Children can only enter camp if a staff person takes them out of the car and walks them into the program office.

DIRECTIONS

Rides- In and Rides- Out: For drop off and pick up please do so on the left side of the building. Stay on the left, stopping at the picnic table for sign in/out and follow the road to make a u-turn, dropping off or picking up once you reach the waterfront sign or the last door (staff will direct you as to which pick up/drop off location your camper will be at for the week).

PARKING

For safety, please do not park and walk your child into camp. Only camp staff are permitted in camp areas.

RIDES OUT

All parents may pick their camper up anytime between 4 PM and 6 PM for full day camp and 11:45am-12pm for half day camp.

- > For the safety of the campers, we require that they be picked up through the car line.
- > Staff may not assist with buckling seatbelts of child safety seats.
- > Please do not pass cars ahead of you at any time; once the campers in front of you are safely in their car, that car will pull forward.

No dismissal will be permitted between 3:30 and 4 pm. This is for camper safety.

For full day camp after care is from 4:00PM until 6:00PM. (No Additional Charge)

If you arrive before rides out begins, then you will need to pull into the car rider loop (before 3:30pm) and call the program office for sign in assistance. Please note that it may take up to 30 minutes for us to retrieve your camper from their location. Families are encouraged to call or e-mail the program office at least 2 hours in advance of early pick ups. When we have prior notice we can have your camper ready for your arrival.

If you arrive between 3:30 and 4pm, please wait patiently at the picnic table and we will sign your child out as soon as rides out begins.

Please do not park and walk up to sign your child out.



WEATHER: INCLEMENT, SEVERE AND TRANSPORTATION PROCEDURES

During severe weather such as thunder storms or tornado warnings we will immediately take cover. Also, campers will not be in the pool if thunder or lightning occurs however, camp will resume as normal for rainy days.

The camp director and branch will stay alert for weather advisories issued over the radio. Counselors are trained to handle severe weather conditions such as storms, tornadoes and heat conditions. During heat advisories, campers continue activities at a slower pace. During ozone alerts of orange or red camp groups will follow an indoor schedule, unless they are scheduled for a water activity. We adjust group schedules so that campers are not participating in field sports during the hottest part of the day.

In the interest of the safety of the children in our day camp programs, the YMCA of Greater Charlotte recently reevaluated our transportation guidelines concerning early school/camp dismissal due to inclement weather. It is the decision of the YMCA of Greater Charlotte to not operate its vehicles on these days. This new policy went into effect January 1, 2004. While we understand this may cause some inconvenience for some families, we feel it is in the overall best interest of the children and the staff to operate in this way.



HEAT ADVISORY POLICY

The safety and comfort of our campers is always our top priority and we want you to be aware of the changes we will make to our camp schedule on extremely hot days. During extreme heat and heat advisory days, we will adjust our schedule when possible. The safety and comfort of our campers is always our top priority and we want you to be aware of the changes we will make to our camp schedule with the heat is on.

- We will limit the time we spend in direct sun.
- We will spend more outside time in shady places.
- We will take more breaks than usual to "chill out."
- We'll play games that keep kids hydrated and cool (like water fun).
- We will move activities inside when possible.
- We will take extra water breaks and make sure water is always available.

Here are some tips to help your kids stay comfy cool during summer fun:

- Pack a frozen water bottle.
- Dress campers in lightweight and light colored clothing.
- Store lunch in an insulated, chilled lunch box.
- Send your child with a hat.
- Apply sunscreen before camp.
- Tell your camp staff if your child has a health condition that makes them more sensitive to the heat.

FAMILY INVOLVEMENT

We will host special events for families after normal camp hours and encourage you to participate. This is a great way for you to experience a little of the fun your camper gets every day while meeting other camp parents. We will send more information via email and post on the Day Camp page of our branch website.



KEEPING US INFORMED



Please let us know if your camper is experiencing any issues at home that may affect his/her experience. Examples include death of a pet, parent divorce/separation, death in the family, fight with sibling, changes in health, etc. Staying aware of these issues will help us ensure that we are prepared to meet your camper's needs.

LOST ITEMS

Please label everything that your camper brings to camp with their name on all items. We will make special efforts to return lost and found items to campers. Unlabeled and unclaimed items are stored for two weeks then donated to charity.

DAILY SCHEDULE

Counselors are with campers all day and get them to and from their daily activities. While individual camp agendas vary, here's generally what a typical day at camp looks like at Lake Norman's YMCA:

Traditional (Full Day) Camps

7:30 AM - 9:00 AM: Drop-off
9:00 AM - 9:30 AM: Morning assembly
9:30 AM - 10:30 AM: Field games/Camper choice/Arts and crafts
10:45 AM - 11:30 AM: Field games/Camper choice/Arts and crafts
11:45 AM - 12:30 PM: Field games/Camper choice/Arts and crafts
12:30 PM - 1:00 PM: Lunch
1:00 PM - 1:45 PM: Swimming/Archery/Indoor enrichment/Woods
2:00 PM - 2:45 PM: Swimming/Archery/Indoor enrichment/Woods
3:00 PM - 3:45 PM: Swimming/Archery/Indoor enrichment/Woods
4:00 PM - 4:30 PM: Afternoon assembly/Snack
4:00 PM - 6:00 PM: Pick-up

Themed Preschool Camp (AM)

8:00 AM - 8:45 AM: Drop-off (Playground)
8:45 AM - 9:00 AM: Playground fun (bathroom breaks)
9:00 AM - 9:15 AM: Opening assembly (songs, bible verse, cheers)
9:15 AM - 9:45 AM: Activity 1
9:45 AM - 9:50 AM: Water/bathroom/transition
9:50 AM - 10:20 AM: Activity 2
10:20 AM - 10:30 AM: Water/bathroom/transition
10:30 AM - 11:30 AM: Swimming
11:30 AM - 11:45 AM: Clean up/bathrooms/wash hands
11:45 AM - 12:15 PM: Lunch
12:15 PM - 12:30 PM: Clean up, finish projects and listen to stories
12:30 PM - 1:00 PM: Closing assembly and pick-up

ATTENDANCE

Parents need to call the camp office, (704) 716-7300, if their child is going to be out more than one day. If we do not receive a call, the office will call home to check the status of the child.

EMERGENCIES

Our camp staff will treat routine cuts, scrapes, and bumps. In the case of serious illness or an accident involving your camper, we will contact you. In the event that you cannot be reached, your signed authorization on your

child's health form allows us to secure prompt treatment. Be aware that in the case of a life-threatening emergency, we will call 911 first.

ILLNESS

The Lake Norman's YMCA staff cannot care for sick campers. Parents will be called to pick up sick campers. Please do not bring children to camp that show signs of illness. If parents can't be reached, the emergency contact listed on the registration form will be contacted to pick up the child.

Covid-19

The YMCA Youth Program COVID Guidelines align with the current CDC Recommendations for K-12. The YMCA guidelines are subject to change as local health departments or the state update their information. If an exposure occurs, we will work with the county health department to determine the need for quarantine. The Y will contact children considered direct contacts or indirect contacts. If your child has been requested to quarantine while in program or an activity at one Y branch, please do not attend another program or activity at another Y branch until your child's quarantine period has ended.

Campers must be symptom free for 24 hours without fever-reducing medication before returning to camp.

If a camper shows no overt signs of illness, but complains of illness or seems uncomfortable and cannot participate in camp activities, the parent or emergency contact will be contacted to pick up the child.

ASSEMBLIES

During summer camp we start our day with an energetic, faith and fun-filled assembly for our campers. The assemblies are theme related and involve camp chants, morning devotion, singing, dancing and music.

CLOTHING

It's hot! Make sure your camper is dressed in lightweight, light-colored clothing and closed toed shoes are a must; crocs are recommended. Hat and /or sunglasses are allowed but it is the camper's responsibility to keep track of them. For specialty camps cleats maybe needed or recommended please pack cleats separate so the camper has another pair of shoes to wear in the building.

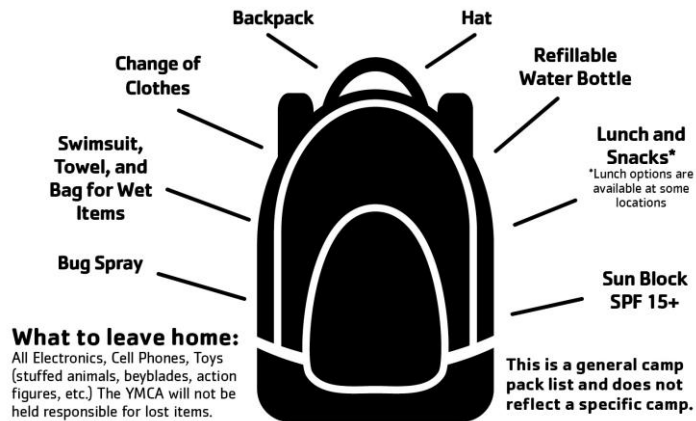


DO NOT allow them to wear long pants, dark colored shirts, halter tops, jeans, expensive clothing or flip-flops. Campers arriving in flip-flops will have to go to the program office until a parent or guardian can bring a pair of closed toed shoes.

Mark **ALL ITEMS** with camper's name.

SUGGESTED SUPPLIES FOR CAMP

Please add your child's name on everything they bring to camp.



WHAT TO BRING/WEAR

Check the weather daily and dress your camper accordingly — the camp day will continue rain or shine! Be sure to label EVERYTHING you send to camp with your camper and check the camp's lost and found at the end of the week before items are donated. Camper's days are filled with fun activities all over the YMCA campus and will have to walk A LOT, carrying their personal belongings! We suggest that campers bring as little as possible to avoid anything special being lost. Each camper should arrive with:

Daily needs:

- Bathing suit (clearly labeled) and towel for full-day camps every day.
 - If campers are scheduled for water activities first, we suggest that they wear their suits rather than changing as soon as they get here.
 - Towels are optional - On hot days, children dry quickly and do not always use them. They actually prefer to be wet to help stay cool.
- Lunch, packed in durable cooler with a frozen water or ice pack if you choose not to take a lunch donated to our camp
- Two snacks if full day, one snack if half day
- Water bottle - THIS IS A MUST WITH THE SUMMER HEAT!
- Sunscreen and a permission note if the child needs help applying sunscreen
 - We expect everyone to have sun block on all body parts prior to coming to camp, regardless of what track they are in. Please make this a part of the morning routine. Day Camp Counselors will take sun block breaks during the day, as many times as necessary. They are NOT allowed to apply sunscreen on the camper. Please pack sunscreen in a 'Ziploc bag' and store it in your child's backpack.

Possible other items depending on child:

- Daily medication with release form
- Epi-pen if allergies with release form
- Hats
- Sunglasses
- Sports supplies: We have a supply of soccer balls, basketballs, etc.
 - If campers wish to bring their own, be sure to label them and check that they remember to bring them home each night.

Camp Specific Notes:

Soccer camp: Shin guards and Cleats are recommended.

Basketball Camp: Basketball Shoes are recommended.

Flag Football Camp: Cleats are recommended.

Aquatics (Watersports, Swim, Triathlon) Camp- Bathing suits

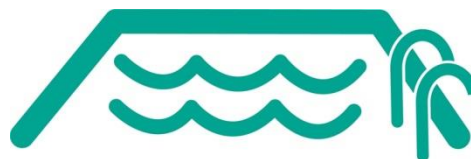
WHAT NOT TO BRING TO CAMP

We may ask your campers to bring specific toys/props for use in the program. It is very easy for something to be lost or damaged that is precious to your camper. Unless your child is specifically asked to do so, we ask for your help in making sure they refrain from bringing any of the following items to camp:

| | | | |
|-------------------------------|---|---------|---------------|
| Money | Valuables | Weapons | Balls |
| Alcohol | Cell Phones | Drugs | iPads/Pods |
| Vehicles | MP3players | Animals | Novelty Items |
| Toys/Other Electronics | Electronic games (including Game boys, Play Stations, Nintendo DS, etc.) | | |

LIFEGUARDS

Lifeguards are either American Red Cross or YMCA certified and are on duty at the pools at all times. As with all YMCA staff our lifeguards are trained and certified in first aid, CPR-PRO, AED and oxygen.



SWIM ASSESSMENT

Before swimming at camp, all campers are swim tested in the pool under the direct supervision of certified lifeguards and camp staff. Parents can help speed up our swim testing by having your child swim tested before camp begins. Swim tests can be given at any YMCA of Greater Charlotte branch. If you are planning to have your camper take the swim test prior to his or her session, it must be completed by close of business the Wednesday before the session begins. Certified Life Vests are available for any child not able to successfully pass our swim test.

SWIM BAND LEVELS

Swim bands are distributed to each camper every day prior to swimming. They are collected by counselors at the end of the rotation and given to the lifeguard in the office. All three and four year olds must wear a lifejacket.

Green Band = Allowed to swim without a lifejacket and in all areas of the pool.

Yellow Band = Allowed to swim without a lifejacket in the shallow areas of the pool only, and will not be allowed to pass the rope that divides the shallow end from the deep end.

Red Band = A Camper who either doesn't want to test or did not pass the shallow swim test will wear a lifejacket and must stay in the shallow end.

SWIMMING SKILLS ASSESEMENT

Before swimming (at any pool in the YMCA community) and prior to the campers changing into swimsuits the lead lifeguard will review rules of the pool. All campers who want to swim without a lifejacket must take a swimming skill assessment. A swimming skills assessment will be administered on Mondays to all campers who wish to be tested.

Shallow water/ yellow band:

> Swimmer demonstrates a horizontal floating position on their back. Swimmer must then stand up regaining a vertical position, without assistance.

> Swimmer demonstrates 15ft.of any forward stroke without assistance

Deep Water/green band:



- > Swimmer completes the entire yellow band requirement and completes the green band assessment.
- > Swimmer continues to swim the entire length of the pool (25 yards/meters) unassisted, and without resting. Swimmer maintains positive body position.
- > Plunge – Swimmer jumps into water that is over their head and easily returns to the surface.
- > Tread – Swimmer must tread water for one minute.

WATERSKIING, WAKEBOARDING & KNEE BOARDING

Once the boat has departed, we will not retrieve any campers during that three-hour block of time for any reason. Children are not retrieved from a powerboat for early pick-up, please email or contact the camp office at least four hours prior to pick up. We will have your child waiting for you however; early pick-up may result in missing that activity completely on that day.

CAMP PHOTOS

Log on to our Y Camp Life portal to check out fun photos of your camper in action!

<https://www.ymcacharlotte.org/ycamplife>

PARENT FAQS

Here are some answers to frequently asked questions about summer day camp at the Y:

IS THERE SWIMMING AT CAMP?

Yes. Campers will swim in the afternoons in separate groups between the hours of 12:00 PM and 4:00 PM. Unless they are in a specialty camp like swim team, triathlon, wet n wild, etc. Preschool campers swim at 10:30 AM.

SHOULD WE PUT OUR NAME ON OUR CHILD'S BELONGINGS?

Yes! Please label ALL items you are sending with your child to camp. Check the camp's lost and found at the end of the week before items are donated.

DO WE UPDATE PICK UP INFORMATION OR OTHER PERSONAL INFORMATION AT THE FRONT DESK?

Yes, to ensure the safety of all children in our programs, we need your most current information. The quickest and easiest way is to go to your account on the website and update your information online. You can also update your information at the branch.

WHO IS CARING FOR MY CAMPER WHILE HE/SHE IS AT CAMP?

Well-trained and energetic staff! Our counselors, camp staff and lifeguards are required to complete 30 hours of pre-camp training including CPR, First Aid, AED and Child Abuse Prevention. We conduct background checks and drug screenings on all camp staff and employees. Our counselors also learn child development best practices as well as techniques to encourage all campers to be inclusive and celebrate our differences.

WHAT IS YOUR COUNSELOR TO CAMPER RATIO? HOW MANY CAMPERS IS ONE STAFF MEMBER RESPONSIBLE FOR?

For our Pre-School Aged Camps, our ratio is 1:8

For our School Aged Camps, our ratio is 1:10

For our Teen Camps, our ratio is 1:12



CONTACT INFORMATION

Lake Norman Camp Office

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Senior Program Director/Camp Director- Ryan Swengros

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Youth Development Director- Brooke Brown

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Sr. Membership Director- Javier Salazar

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