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FOR HEALTHY LIVING  
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# YMCA Camp Campbell Outdoor Science School Parent Guide & Forms

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# YOUR CHILD'S STAY AT YMCA CAMP CAMPBELL

## LEADERSHIP

Our Outdoor Science School program is supervised by a professional YMCA Director. We pride ourselves in finding the finest people to lead and inspire our participants. Our staff are selected for their desire to work with children and each one undergoes a training program prior to the school year. Character references and background checks are conducted for all positions and camp staffs have extensive experience in camp leadership and outdoor recreation.

The outdoor classroom requires special skills and structures uncommon to most traditional classroom settings. Our qualified staff members comprised of seasoned naturalists implement the experiential based curriculum in an applied and dynamic manner. The classroom teachers support this learning environment by providing familiarity with the students thereby improving the overall experience.

### Cabin Leader Volunteers

Cabin leaders are trained by our qualified Outdoor Science School staff. Cabin leaders arrive a day before the students and participate in an extensive training where they cover topics such as child abuse prevention, behavior management, cabin time procedures, safety and risk management, effective leadership and role modeling, child development, and group management.

During each week, support and supervision of the volunteer cabin leaders is provided by these staff and the visiting school's classroom teachers. Cabin leaders provide supervision for students throughout the week, including nights. Female volunteers may be placed as the cabin leader for male cabins. The volunteers are given overnight support by the leadership team who are on call overnight, as well as medical support provided by the health care team.

In order to assume the role of a cabin leader, a prospective volunteer must first complete an application and be selected by the Manager of Volunteer Services. At this point they must obtain permission from all of their teachers, attendance, and school administration if they are in high school, and get positive references from two non-related adults. Once paperwork is complete and the volunteer arrives at YMCA Camp Campbell, they must successfully complete the day-long training in order to be assigned by the Leadership Team to a group of students attending the Outdoor Science School.

## HEALTH CARE

The care and supervision of students is supported by the health care staff who are available on camp 24 hours a day. Our health team, is comprised of certified Emergency Medical Technician (EMT) and Wilderness First Responder (WFR). All program staff are trained to help maintain established health and safety standards. For example, all staff are First Aid and CPR certified, and carry first aid equipment at all times. In addition, our Naturalists carry epi-pens with them during all field experiences and are trained regarding their administration. We have fully stocked first aid kits stationed around camp.

### Medication

**Please do not pack any medications** (including over-the-counter drugs) **in your child's luggage.** All medication must be submitted to your child's school teacher who will in turn submit the medications to YMCA health care staff. Prescription drugs must be in the original container with a licensed physician's instructions. **Please place your packaged medications in a clearly labeled zip-lock bag along with a medication intake form that indicates dosage and directions for administration.** Please put the student's name on the outside of the bag—masking tape works well for labeling. All medications are administered by the camp health staff under doctor's or parents' written orders. Unused medication will be returned at the close of the session. Medications for which we do not receive written authorization to administer will not be provided by the health staff, including Tylenol or ibuprofen. All students will be given a tour on the first day and will be introduced to the camp health team. Students with medications will meet individually with camp health staff to discuss when and where medications will be given.

**Exception:** If a child is required to keep medications on their person for emergency reasons (i.e. diabetes or asthma) please turn in medication to classroom teacher the morning of departure to ensure all medication is logged and accounted for by camp staff. Once medications are logged, emergency medications will be returned to students. Student's personal epi-pens will be issued to the staff person working with specified student. Please send an additional emergency inhaler to ensure an inhaler will always be available in the health center in case the inhaler the student is carrying is lost or misplaced.

## Incidents of Head Lice

Routine head lice checks must be conducted at school. If a student who is scheduled to attend the Outdoor Science School is discovered to have lice, the student must be cleared by either the school nurse or a family health care provider. Written notification of this clearance must be provided to YMCA Camp Campbell prior to or upon arrival of the student to the Outdoor Science School. In the event that lice is discovered at YMCA Camp Campbell, parents of the child will be called to retrieve the child and the schools will be provided a letter to send home with students detailing the incident.

## Ticks

Students should wear long pants while hiking at camp. Your student's Naturalist will show students how to check for ticks and will remind students to engage in this behavior. If a tick bites a student, the student will be treated by the health care team and will call home to notify parents. If a tick is removed, all efforts will be made to save the tick. If a tick can be saved it will be given to the classroom teacher to give to a parent. When a case of a tick bite is confirmed a letter will be sent home with the classroom teacher.

## Homesickness

Going away to camp for a week can be a challenging experience for many children. Short-term separation from parents and learning independence are both important parts of growing up even though it may not always be easy. Many children have some difficulty coping with the changes that come with spending a week away from home. This anxiety is perfectly normal and happens on occasion. Parents can also feel these symptoms.

Parents can help by counseling your child prior to coming to camp in order to make the transition easier. Let them know you have confidence in their ability to be away from family and how exciting it will be to meet new friends. If they are unsure of themselves, let them know how proud you will be of them if they try their best to succeed. **Please do not make promises to pick up your child if they miss home. This promise can obstruct a child's coping strategies.** For more information, check out the informative book, "Home Sick and Happy (2012)" by Michael Thompson.

While your child is at camp, we will notify you if any concerns arise. Once at YMCA Camp Campbell, we do not allow students to call home. Often when a homesick child speaks to someone from home, their homesickness is only made worse. Instead, we encourage letter writing both to and from the family. You may even wish to mail a letter a few days prior to the session to make sure it arrives while your child is at camp. We train our staff to be caring and empathetic, while at the same time keeping the campers so busy having fun that hopefully they will forget about their homesickness entirely. Lastly, the presence of the student's classroom teacher is also helpful when dealing with homesickness.

## Cell Phone Policy

Students are not permitted to bring cell phones to camp. This policy strengthens a student's ability to gain independence and coping skills. Cell phone coverage is unreliable at camp, ensuring that phone calls to parents are conducted by Camp Directors will avoid missed and dropped calls that can cause anxiety for parents. Additionally, this policy allows for Camp Directors to remain directly involved in the care of students at camp and to converse directly with parents.

## Emergency Contact Info

In case of an emergency, please contact our office at 831-338-2128 during business hours. During non-business hours, please call the health office at 831-338-2128 ext. 1408.

## Visitation

Our policy strongly discourages parents from visiting their children while they are in camp. If parents would like to tour the facilities in advance of their child's arrival, please book a tour through our website [www.ymcasv.org/ymcacampcampbell/html/contact.html](http://www.ymcasv.org/ymcacampcampbell/html/contact.html) or by contacting the main office (P) 831-338-2128 (E) [redwoods@ymcasv.org](mailto:redwoods@ymcasv.org)

There are volunteer opportunities for parents at camp. These options can be discussed with the Manager of Volunteer Services a minimum of two weeks prior to the volunteer date. In order to volunteer, parents must submit an application and undergo a background check. There are a limited number of parent volunteer spaces each week. We do not provide overnight accommodation to parent volunteers. **For inquiries, please contact [redwoods@ymcasv.org](mailto:redwoods@ymcasv.org).**

## KEEPING IN TOUCH

Send mail to your student at:

**Student's Name & Name of School**  
**YMCA Camp Campbell**  
**16275 Hwy 9**  
**Boulder Creek, CA 95006**

Students love to receive mail and are encouraged to write home. Sending an envelope/postcard that is self-addressed and stamped is an excellent idea. When sending mail, please allow two to three days for it to arrive at camp. **Please do not send candy or food items!** We do not allow food in the cabins to control problems associated with animals and insects. We provide healthy meals and snacks for students while they are on site.

Or email your student at: [redwoods@ymcasv.org](mailto:redwoods@ymcasv.org)

- Include student's name in the subject line.
- Students are unable to respond via email, but we deliver emails daily.

Mail is dispensed by the students classroom teacher. YMCA Camp Campbell is not responsible for the delivery of mail.

### When Camp Staff Will Contact Parents

Typically, there is no need to contact parents while a student is at YMCA Camp Campbell; not hearing from our staff is an indication that everything is going according to plan. We will contact parents and or the emergency contact in cases of emergency as deemed necessary by the health supervisor and or the Physician on call. For routine illnesses such as vomiting, and nausea we do not call parents from 10:00 p.m. to 7:00 a.m. The student's medical needs will be cared for by the Health Care Team and camp staff. Parents will be contacted the next day. **Please do not send your child with a cell phone.**

## SPECIAL ACCOMMODATIONS POLICY

YMCA Camp Campbell is committed to providing learning opportunities for people of all abilities. The unique teaching strategies utilized by our staff of naturalists allow students of all abilities to learn during hands on field studies. In addition, we offer accessible cabins to provide comfortable living accommodations and have several ADA compliant paved trails that navigate the redwood forest.

Our goal is for our staff to meet the needs of all of the students. In order to accomplish this objective, it is imperative that schools provide the same accommodations for all students that would be provided in a traditional classroom setting during participation at the outdoor science school. It is our expectation that schools communicate with the Senior Program Director about students with special needs well in advance of their arrival to ensure that each child can be safely accommodated. In the rare instance that we would not be able to maintain the safety for all participants, we reserve the right to send children home or decline participation. We can also make arrangements for a student to become a "Day Student". If interested in this option please contact the Senior Program Director to discuss this option in greater detail.

We are available to assist schools in bringing students who require special accommodations. We do not charge the school for aides or extra personal who assist a student during their school visit. We also encourage families to come for a visit prior to the scheduled school trip and are happy to arrange for these visits on the weekend to accommodate busy schedules.



## **BEHAVIOR AT CAMP**

YMCA Camp Campbell Outdoor Science School is a hands-on learning experience that can be adapted to meet the needs of children of varying learning, physical, and emotional abilities. Fundamentally, in order for a child to gain the many benefits associated with attendance at our outdoor science school, they must remain at the school. Therefore we have intentionally designed our programming and we train all staff and volunteers to facilitate the ability for every student to remain at Camp and have the opportunity to not only learn the science curriculum, but also gain personal and social development skills.

### **Setting Your Students Up for Success Before They Come**

To set your child up for success with the behavior management system please review all of the rules, objectives and forms of corrective actions. Additionally, ALL children attending should have read and signed a behavior management contract either in the classroom with their teacher or at home with their parents. The signed contract must be returned to camp with the student's medical forms and other waivers.

### **Objectives for Behavior Management**

1. The child learns self-control.
2. The child becomes responsible for themselves, their actions and their community.
3. The child learns self-sufficiency and how to choose correct alternative behaviors.
4. The child participates in a complete session and has the opportunity to engage in learning opportunities.

### **Behavior Management Procedures**

YMCA Camp Campbell implements a positive guidance and discipline policy with an emphasis on positive reinforcement, redirection, prevention, and the development of self-discipline. We remind students that rules are established for safety and to ensure that we have a common standard of behavior. Corrective discipline could come in many forms, here are a few examples:

1. The student may be asked to fill out a self-reflection sheet that will help the student identify how to make more appropriate decisions in the future.
2. The student may be asked to take a break.
3. The student may be given the opportunity to make an alternative choice.
4. The student may be asked to apologize and come up with a way to rectify the situation.
5. The student, classroom teacher and Program Directors may call a parent and discuss a student's inappropriate behavior.
6. The student may be removed from camp without a refund.

## **FOOD AT THE OUTDOOR SCIENCE SCHOOL**

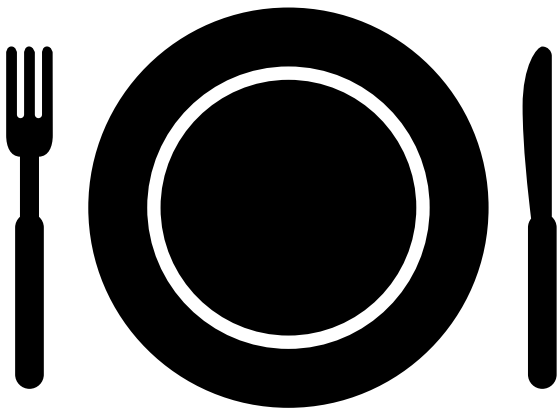
We eat family style at camp and base our portion sizes on the USDA My Plate recommendations (<http://www.choosemyplate.gov>). Part of our mission here at YMCA Camp Campbell is to help children gain lifelong healthy living skills. Our cabin leaders are trained to assist with serving each child and helping them make healthy choices. Although, we do offer second helpings, we also encourage children to consider having a salad, or a piece of fruit and have a glass of water before having an additional serving. Our goal is to work with children to understand the difference between eating because the food is there and eating because their body needs more fuel.

Meals are served in the Swenson Family Lodge. Menus are prepared by our Food Service Manager to be nutritionally balanced and satisfying. Fresh fruit and vegetables are served, as well as home-baked bread. Food is kid friendly with something at each meal for everyone. We serve a fresh salad bar at every lunch and dinner. There is a vegetarian, gluten free, and lactose free option at every meal. Students requiring food accommodations beyond these three will need to supply their own food. Please refer to the Restricted Dietary Form for any students with dietary restrictions. Parents of students with dietary restrictions are able to supply food for their children; food will be kept in a refrigerator and pulled out at each meal. Please do not send food containing any nut products, and make sure that items requiring reheating can be reheated in a microwave. A classroom teacher will be assigned as a Food Advocate to assist students preparing and receiving restricted dietary meals. If you have any questions regarding supplemental food, please contact the Senior Program Director.

## **LATE ARRIVALS AND EARLY DEPARTURES**

Our camp schedule is busy and there is so much for students to experience. We encourage all students to attend for the entire week. Thus, late arrivals and early departures for reasons other than illness or emergency are discouraged. If a child needs to arrive late or leave camp for any reason, departure and arrival details should be worked out with the Senior Program Director and the Classroom Teacher in advance.

Between the hours of 9:00 a.m. to 5:00 p.m. the student will be checked in/out at Sommer Lodge, by our staff, parents please be prepared to show I.D. when picking up your child. Pick-ups and drop offs outside of these hours will be done at the Swenson Lodge with the Director on Duty. All students must be dropped off or picked up by 9:00 p.m. Please note that fees will only be adjusted for reasons of illness. For planned early departures and late arrivals, the parent must complete the Pick-Up Authorization Form.



## A TYPICAL WEEK

At the YMCA, students gain independence as they spend 4 days and 3 nights away from home in an atmosphere committed to building healthy youth through Asset Development. Students learn responsibility as they take care of themselves and their belongings with support from our staff and volunteers; and gain respect for others as they share a living space with fellow students. Students learn to live the YMCA core values of: Caring, Honesty, Respect, and Responsibility in terms of themselves, others, and for the environment. In addition to fun, hands-on science lessons, students will participate in additional camp activities such as: science-themed all day picnic hikes, sing-a-longs, campfires, bouldering and climbing walls, skit nights, team building initiatives, arts & crafts, group games, basketball, archery, swimming, and science-themed night hikes.

### Field Study

Our schedule is intentionally designed to provide organized opportunities for students to engage in both science education and social skill development. Field studies are the dedicated time for students to explore the environment with their designated field group. A field group is generally 20-25 students and is comprised of male and female students from multiple schools. On one of the two full days that the students are here they start their day by packing a picnic lunch and venturing out on the extensive hiking trails on and adjacent to camp property with their Naturalist and Cabin Leaders. During their picnic hike day they explore a variety of ecosystems and take part in multiple lessons while they are on the trail. The remaining full day at camp the students have lunch in the Swenson Family Lodge and they visit the riparian ecosystem that runs through camp. They also take part in an aquatic invertebrate survey.

### Evening Programs

In addition to the night walk experience, students will also experience all-camp evening programs. For example, on the final evening students will share in a traditional campfire where skits and songs will be performed.

### Cabin Time

Under the supervision of the Resident Life Coordinator and Cabin Leaders, students play games, share stories and highlights of their week, and take showers. Classroom teachers and YMCA staff offer support to cabin groups during this time.

### Teacher Time

Classroom teachers accompany students to camp and stay in accommodations that are centrally located to assist with any needs through the week. Classroom teachers are present at all meals and often accompany students in field groups. In addition, the classroom teachers will spend time on Wednesday and Thursday morning with the students from their class. This is an opportunity for teachers to check in with their students and spend time with them.

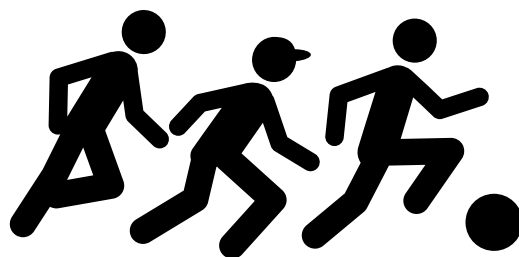
### Swim Time

One hour of swim time may occur on the day students stay in camp (weather dependent). The pool is subject to seasonal closures, generally late November through early March. Our pool is managed by the Aquatics Program Director who oversees the training and certifications of our lifeguards. All students will take part in a swim check to assess their swimming abilities. Based on this assessment students will be banded with a color coded wrist band. Students with an orange wrist band will be accompanied by 1 adult for every 2 orange banded students in the swimming pool at all times. Students with a yellow band are allowed to swim and play in the area of the pool that is 3 ½– 4 ½ feet deep. If a parent does not want their child to participate in swimming please indicate this on the health form in the swimming sunscreen section of the health form.

Some school districts do not allow swimming as an activity, for these students and students who do not have parental permission or do not want to swim, field study or another designated activity will be offered.

### Activity Time

Activity time occurs on Wednesday and Thursday afternoon and is an opportunity for students to engage in a traditional camp activity of their choosing. These activities change on a weekly basis. Typical options include: snake feeding, GaGa ball, capture the flag, archery and nature crafts. Prior to activity, students are given the list of activities offered that week, they will then rank these activities in order of preference. Typically students are placed in one of their top three choices. Students who do not have a signed Climbing and High Ropes Challenge Course waiver will not be placed in the activity.



# PREPARATION & FORMS CHECKLIST

## ○ Complete all the following required forms.

- Liability Waiver
- Health History and Consent Form
- Behavior Agreement Form
- Climbing Tower and High Ropes Challenge Course Waiver (This form is optional, if a parent does not sign, the student will not be allowed to participate in climbing and low ropes activities).
- Restricted Diet Form (This should be returned for students who have food allergies and restrictions beyond being a vegetarian).
- Inform camp of any special accommodations.
- Prepare student for time at Camp; discuss behavior expectations.
- Mark ALL packed clothing and equipment with student's name.
- Give all medications to class room teacher when you check your student in at their school. (Medications should be in original container and follow the guidelines outlines under the "Health Care" section of this guide. **Medication should NOT be packed in the student's gear.**)

## PACKING LIST

- Sleeping bag/bedding
- Pillow
- Sweatshirt and/or jacket
- Rain coat or rain poncho
- T-shirts
- Long pants
- Shorts
- Underwear
- Socks
- 2 pairs of closed-toe, comfortable shoes (suitable for hiking)
- Sleepwear
- Daypack/backpack
- Camera (disposable is best)
- Water bottle
- Positive attitude!
- Flip flops for shower time and pool
- Waterproof (resistant) rain pants (November–April)
- Swim suit (swim time and showers)
- Hat
- Towel
- Toiletries
- Lip balm
- Sunscreen
- Bug repellent (no aerosol)
- Laundry bag or plastic bag for dirty clothes
- Long underwear (Nov–Apr)
- Gloves (Nov–Apr)
- Warm jacket
- Flashlight

### Students are not permitted to bring the following:

Electronics including cell phones, food or candy, knives/firearms, weapons, fireworks, personal sports equipment, pets or animals, aerosol sprays, hair dryers, curling irons, money, alcohol/drugs, cigarettes, vehicles.

\*\*\* Lost and found will be held at camp for only two weeks after your child leaves. Ultimately YMCA Camp Campbell and its staff are not responsible for lost/stolen/damaged gear. **Please avoid bringing anything to camp that cannot be replaced.** \*\*\*





# GREETINGS FROM THE HEALTH OFFICE

## WELCOME

At Camp Campbell, we take your child's safety very seriously. The Health Office is centrally located and open 24 hours/day while campers are on site. The Health Office staff is always available to administer first aid and medication for campers. Safety is our number one priority! We do our best to accommodate to various medical needs to ensure that each child receives the full camp experience!

## HEALTH OFFICE TIPS AND REMINDERS

- Give all medication in a large zip-lock bag, including non-prescription medication, to teachers
- Include the completed medication intake form provided by Camp Campbell inside your child's bag of medication
- Contact the Health Office regarding special medical-related accommodations prior to coming to camp
- Keep medication in original packaging (can be opened, but must have name of medication)
- Only send as much medication as needed while at camp, if possible

## FAQ

### **Do I need to provide over the counter medication, just in case?**

No. The Health Office has over the counter medication that we will administer if needed. Please check off medication on the health form (second page) that you authorize us to administer. Without authorization, we will not administer any medication.

### **My child takes over the counter medication on a daily basis. Should I send it with them to camp?**

Yes. If your child takes OTC medication regularly, such as Tylenol or Zyrtec, then we request that you give it to the teachers to hand in to the Health Office.

### **Why do I need to give over the counter medication to the teachers?**

We request that any and all medication is turned in to the Health Office. We must ensure the safety of all campers and our policy is that no medication should be in the cabins or on the camper's person.

### **My child has a rescue inhaler. Can they keep the inhaler with them?**

Rescue inhalers are turned in to the Health Office so that we can document and acknowledge that your child may need one. They are returned to the camper so that they may use the inhaler at any time if needed.

### **What if my child needs their Epi-pen while at camp?**

We have several Epi-pens located throughout camp. Every Naturalist has a first aid kit with them at all times that includes an Epi-pen. Campers' Epi-pens are given to naturalists when they leave on trail and returned to the Health Office when they come back.



**What happens if my child gets hurt in the middle of the night?**

Each village has a two-way radio that can be used to contact the Health Office at any time. There is always a healthcare personnel on radio and inside of the Health Office that is available to handle any medical situations.

**What happens if my child gets sick while at camp?**

Our first priority is each child’s health; if we feel that they can be well and enjoy camp without a risk of being contagious then we will do our best to keep them at camp and treat them here. However, this is a case by case determination. A phone call to the parents will be made to keep them informed of their child’s condition.

**My child requires special medical accommodations. Will these be provided?**

We do our best to accommodate every child’s needs while at camp. We frequently have campers with more involved medical conditions attend and have a great time. Please contact the Health Supervisor to discuss your child’s needs via phone or email.

**Will someone remind my child to take their medication?**

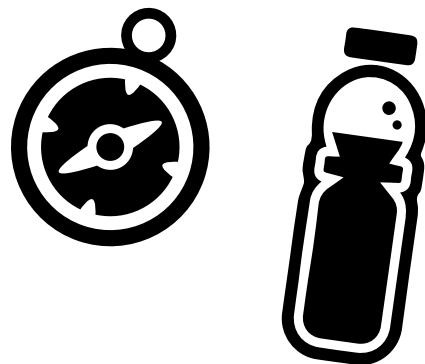
Yes. Medication is administered during meals and before sleep (8:45pm). Meal times are 8:00-9:00am, 12:30-1:30pm, and 6:00-7:00pm. Medication will be administered at other times as needed. We recommend only requesting bedtime medication administration if it is time-sensitive or a sleep aid (e.g. allergy medication can be given at dinner time as opposed to bedtime).

**Can you refrigerate medication?**

Yes. We have a refrigerator in the Health Office that is intended for this purpose. Please send ice packs and/or cooler with the medication for transportation to and from camp.

**If you have any other questions or concerns, please feel free to call or email the Health Office.**

831-338-2128 ext. 1408  
YMCA Camp Campbell Health Office  
health.office@ymcasv.org





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## YMCA Camp Campbell Outdoor Science School **Notice to Parents**

Dear Parent,

This year our school will be participating in the YMCA Camp Campbell Outdoor Science School program beginning October 8 ..... and ending October 11 .....

This 4-day/3-night program at the YMCA Camp Campbell facility in Boulder Creek takes place in the unique beauty of the Redwood Forest, which provides a natural "laboratory" for intensive instruction in the areas of resource conservation, ecology, and environmental education. Children are accommodated in heated, winterized housing, and family-style meals are served three times daily, along with one snack each day. We serve a vegetarian option at every meal, and can accommodate students who have dietary restrictions such as (gluten free and lactose intolerant). Students requiring food accommodations beyond these three will need to supply their own food. Supervision is provided 24 hours a day by Science School Staff, visiting Classroom Teachers, and trained Volunteer Cabin Leaders.

The total cost of the program is \$ 360 ....., This fee covers your child's room and board, and program of instruction and transportation. In order to facilitate adequate preparation and give proper attention to specific needs, the following are enclosed:

- **LIABILITY WAIVER, HEALTH HISTORY & CONSENT FORM, & BEHAVIOR AGREEMENT FORM**  
These forms are required! Parents are asked to complete forms carefully and return it to school by the following date: September 20 .....
- **CLIMBING TOWER WAIVER**  
This form is optional, if a parent does not sign, the student will not be allowed to participate in climbing and low ropes activities.
- **RESTRICTED DIETARY FORM**  
This should be returned for students who have food allergies and restrictions beyond being a vegetarian.
- **MEDICATION INTAKE FORM**  
This form must be included with any medications sent to camp on departure day October 8 .....
- **WHAT TO BRING LIST**

The Camp Health Supervisor is in residence 24 hours daily and will administer minor first aid as needed. In the event of a more serious illness or injury, Boulder Creek Medical Clinic is three miles away, and emergency medical assistance is available from the Boulder Creek Fire Department.

### **Information regarding Medications:**

Any medications your child brings to camp will be administered by the Health Care Team. All medications must be in their original containers, properly labeled and given directly to the Classroom Teacher before boarding the bus (including prescribed medications, vitamins, aspirin, Tylenol etc.) Camp has basic over the counter medications for students to take with parental permission as indicated on the child's health form. Unused medications will be returned via classroom teachers. Do not send medication in student's luggage. Please send all medications that your child is currently taking at home and at school- this will help ensure a smooth transition to our school. If a child is required to keep medications on their person for emergency reasons (i.e. diabetes, asthma, bee sting allergies, etc.) medications still need to be submitted to the classroom teachers to give to our health care team. The health care team will log the emergency medications and then meet with the students to return the medications to the student and discuss a plan of care. Epi-pens will be issued to staff working with the student. Please send an additional emergency inhaler and give this to the classroom teacher to ensure that an emergency inhaler will always be available.

All program staff are trained to help maintain established health and safety standards. For example, all staff are first aid and CPR certified, and carry first aid equipment at all times. In addition, our naturalists carry epi-pens with them during all field experiences and are trained regarding the administration of epi-pens. Student's personal epi pens will be held by the staff member working with that student.

Parents and students are welcome to visit YMCA Camp Campbell prior to your school's scheduled attendance and may make arrangements to do so in advance by contacting camp to schedule a tour. In order to allow your child an opportunity to develop independence and to help reduce homesickness, parents should not visit while your child is attending camp.

As with all school-age activities, the YMCA has effective policies and procedures that relate to discipline, prevention of child abuse, and emergency preparedness. You can learn more about the YMCA Camp Campbell at our website [www.ymcacampcampbell.org](http://www.ymcacampcampbell.org).



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# Behavior Agreement Contract

## BEHAVIOR AT THE OUTDOOR SCIENCE SCHOOL

Our staff will make every attempt to provide positive, realistic expectations and guidelines for every student. All students and parents must agree to the rules and expectations listed below. This is a good opportunity for you and your child to discuss the positive nature of appropriate behavior not only at outdoor science school, but also in other aspects of his or her life. In addition, participating in the outdoor science school implies consent for YMCA staff to search student's belongings when there is reasonable suspicion that a student has possession of illegal, not permitted items (such as candy, cell phones, or video games), dangerous, or stolen items.

Students who cannot follow the Camp Campbell Rules or are adversely affecting the safety and or experience of other students may be dismissed. If a student is dismissed for disciplinary reasons, no refund will be granted. In these instances it is the responsibility of the parent or guardian to pick up their child immediately from camp. The camp directors reserve the right to determine what constitutes a violation of these rules and will enforce them as necessary.

## YMCA CAMP CAMPBELL GUIDELINES

The core values of the YMCA are caring, honesty, respect and responsibility.

1. Treat all people, places, and things at camp with respect.
  - a. Disrespectful speech and actions will not be tolerated.
2. Be caring: do not hurt other people or yourself.
3. Take responsibility for yourself and your actions.
4. Be honest: admit it and apologize when you make mistakes.
5. Be safe.
  - a. Do what your teacher or leader asks of you.
  - b. Be curious, but ask first before you pick up or carry things.
  - c. Never go places alone. Ask permission first, and go everywhere in a truddy (a group of three).
  - d. If you're unsure if something is safe, ask!

Unsafe or inappropriate actions have consequences, and will be dealt with by trained volunteer leaders and staff.

**I HAVE READ, UNDERSTOOD AND WILL ABIDE BY THESE RULES AS STATED ABOVE THROUGHOUT MY STAY AT YMCA CAMP CAMPBELL.**

Student Name .....  
please print

School of Student .....

Student Signature X .....

Date .....

Parent Signature X .....

Date .....

# YMCA CONFIDENTIAL HEALTH HISTORY AND CONSENT FORM

**Child's Name:** First: \_\_\_\_\_ Last: \_\_\_\_\_ **Gender:**  M  F

Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

**Birthdate:**     /     /     **School:** \_\_\_\_\_ **Grade** (in the Fall of this year): \_\_\_\_\_ **Age:** \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Hair Color: \_\_\_\_\_ Eye Color: \_\_\_\_\_ Birthmarks/scars: \_\_\_\_\_

Caucasian      Asian/Pacific Islander      Hispanic      African American      Native American      Other

**Parent/Guardian Legal Name 1:** \_\_\_\_\_ **Address:** \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Employer: \_\_\_\_\_ Work Phone: \_\_\_\_\_

**Parent/Guardian Legal Name 2:** \_\_\_\_\_ **Address:** \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Employer: \_\_\_\_\_ Work Phone: \_\_\_\_\_

## EMERGENCY CONTACTS WITH PERSONS AUTHORIZED TO PICK UP CHILD

In the case of an emergency, we will always contact the parent/guardian first. In the event a parent/guardian cannot be reached, we will contact other friends/relatives. No adults other than the parent/guardian or people listed below can pick up your child from our program without a legibly written, dated and signed note from the parent/guardian.

Name: _____	Cell Phone: _____	Alternate #: _____	Relationship: _____
Name: _____	Cell Phone: _____	Alternate #: _____	Relationship: _____
Name: _____	Cell Phone: _____	Alternate #: _____	Relationship: _____
Name: _____	Cell Phone: _____	Alternate #: _____	Relationship: _____

## MEDICAL CAREGIVERS (INFORMATION REQUIRED BY STATE LAW)

Family Physician: \_\_\_\_\_ Preferred Hospital: \_\_\_\_\_

Doctor's Phone: \_\_\_\_\_ Doctor's Address: \_\_\_\_\_

Family Dentist: \_\_\_\_\_ Dentist's Phone: \_\_\_\_\_

Dentist's Address: \_\_\_\_\_

Medical Insurance Company: \_\_\_\_\_ Policy #: \_\_\_\_\_

\*Immunization History: Tetanus: (MONTH/YEAR) \_\_\_\_\_ Tuberculin (TB) Test: (MONTH/YEAR) \_\_\_\_\_ MMR: (MONTH/YEAR) \_\_\_\_\_ DPT: (MONTH/YEAR) \_\_\_\_\_

If you **do not** have medical insurance for your child, please sign here: \_\_\_\_\_

**PRESCHOOL PARTICIPANTS:** A health examination is required by a licensed physician on a LIC 701 form with a copy of your child's immunization record.  
**YMCA CAMP CAMPBELL – SUMMER OVERNIGHT CAMP PARTICIPANTS:** A copy of your child's current immunization record is required. A health examination is required by a licensed physician within 12 months of attending camp.

## MEDICAL HISTORY

- |   |   |                                       |   |   |
|---|---|---------------------------------------|---|---|
| <input type="checkbox"/> ADD/ADHD               | <input type="checkbox"/> Asthma                   | <input type="checkbox"/> Bed Wetting  | <input type="checkbox"/> Bleeding/Clotting Disorder | <input type="checkbox"/> Celiac Disease           |
| <input type="checkbox"/> Chicken Pox            | <input type="checkbox"/> Currently under Dr. Care | <input type="checkbox"/> Diabetes     | <input type="checkbox"/> Ear Infection              | <input type="checkbox"/> German Measles           |
| <input type="checkbox"/> Head Lice              | <input type="checkbox"/> Heart Defect/Disease     | <input type="checkbox"/> Measles      | <input type="checkbox"/> Migraines                  | <input type="checkbox"/> Psychological Conditions |
| <input type="checkbox"/> Recent Hospitalization | <input type="checkbox"/> Seizures                 | <input type="checkbox"/> Sleepwalking | <input type="checkbox"/> Tuberculosis               |   |

List Other Medical History Here: \_\_\_\_\_

## Allergies:

- |                                 |                                     |  |                                      |   |
|---------------------------------|-------------------------------------|--|--------------------------------------|---|
| <input type="checkbox"/> Pollen | <input type="checkbox"/> Penicillin | <input type="checkbox"/> Poison Oak          | <input type="checkbox"/> Bee Stings  | <input type="checkbox"/> Bee Sting Kit    |
| <input type="checkbox"/> Foods  | <input type="checkbox"/> Hay Fever  | <input type="checkbox"/> Other Insect Stings | <input type="checkbox"/> Other Drugs | <input type="checkbox"/> Other Allergies? |

List Other Allergies Here: \_\_\_\_\_

List Dietary Restrictions Here: \_\_\_\_\_

Any reason to restrict strenuous activity such as swimming, long hikes, strenuous games, roller coaster rides?  YES  NO

If yes, please explain:

List any past serious medical treatment such as operations, injuries or restrictions on physical activities:

Is your child currently involved in therapy?  YES  NO Please explain:

Does your child require special accommodations?  YES  NO Please explain:

**If your child has special needs, please let us know during enrollment. We want to provide the best environment for everyone and will make reasonable accommodation to fully include every child in activities. Failure to inform the Y at time of enrollment may result in a delayed program start date as we work to provide the appropriate accommodations.**

**MEDICATION DISBURSEMENT AUTHORIZATION**

If your child is currently taking prescription medications, complete this section. For your child’s protection, our staff cannot administer medication without this form. Any medicines that you give us for your child must be in the original container with dosage directions and/or doctor’s instructions clearly labeled. Medication will be administered and documented according to directions on the bottle or by a doctor’s instructions.

Medical Condition:

Medication: Amount to be given: When:

Comments or Instructions:

Parent/Guardian Signature: Date:

**YMCA Camp Campbell Participants and Family Resident Campers:**

**I authorize the following over-the-counter medications to be administered as needed:**

- Benadryl  Calamine Lotion  Chloraseptic  Cough Drops  Claritin, Antihistamine
 Ibuprofen  Neosporin  Pepto Bismol  Tylenol  Other:

List current medications purpose:

**SWIMMING/SUNSCREEN INFORMATION**

Some YMCA programs may include swimming activities with certified lifeguards on duty. For your child’s safety, every child with permission to swim, regardless of swimming ability, will have to take a YMCA swimming test prior to swimming.

My child has permission to participate in YMCA swimming activities.  YES  NO

The YMCA staff may apply sunscreen to my child’s exposed skin (not covered by clothing/swimsuit), as needed.  YES  NO

**PHOTO/VIDEO RELEASE**

I hereby consent to and authorize the use and reproduction of any and all photographs and video which have been taken of my child for the promotional purposes of the YMCA, or anyone authorized by the YMCA. I understand I receive no reimbursement for allowing my child’s photo or video to be taken and the use of the photo or video.

**MEDICAL RELEASE**

This health history is correct, so far as I know, and the person herein has permission to engage in all prescribed program activities. I assume that the YMCA of Silicon Valley assumes no financial obligation for such treatment but, in the event that I cannot be reached for an emergency, I hereby give permission to the physician selected by the YMCA to order X-rays, routine tests, and secure proper treatment, hospitalize, and to order injections/and/or anesthesia and/or surgery and emergency treatment for my child as named on this form. All immunizations required for school are up to date unless I have signed that I do not immunize my child.

**I agree to and understand the following guidelines:** Participants agree to abide by the rules and regulations set by the YMCA for the health, safety, and welfare of all children. Children are not allowed to smoke, chew tobacco, possess any smoking materials, alcohol, illegal drugs, firecrackers or explosives, weapons, use lewd conduct, and inappropriate touching of any kind. Willful destruction of property will be the financial responsibility of the child’s parent. Children may not leave the property or established boundaries without YMCA staff permission.

YMCA of Silicon Valley reserves the right and will send anyone home (at parents’/guardians’ expense and liability) who violates these rules. It is the responsibility of the parent/guardian to pick up or arrange transportation home for the child. The Program Director reserves the right to determine what constitutes a violation of these rules and will enforce them as necessary.

Parent’s/guardian’s signature is required on the Photo Release, Medical Release and agreement to follow YMCA policies and guidelines in order for your child to participate in the YMCA program.

PARENT/GUARDIAN/CUSTODIAL ADULT SIGNATURE: X DATE:

**YMCA Camp Campbell Outdoor Science School**  
**RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT**

IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA (or for my children to so participate) for any purpose, including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgment that such premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE INCLUDING, BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY OFF-SITE PROGRAM AFFILIATED WITH THE YMCA, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

1. THE UNDERSIGNED, ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releases") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releases or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any loss, liability, damage or cost they may incur due to the presence of the undersigned or such children in, upon or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releases or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releases or in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or otherwise while participating in any program affiliated with the YMCA.

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

**I HAVE READ THIS RELEASE.**

.....  
Print Name of Applicant/Parent

X  
Signature of Applicant/Parent

.....  
Date

.....  
Print Name of Applicant/Parent

X  
Signature of Applicant/Parent

.....  
Date

.....  
Print Name of Child in Program

.....  
Print Name of Child in Program

.....  
Print Name of Child in Program

.....  
Print Name of Child in Program

**YMCA Camp Campbell Outdoor Science School**  
**CLIMBING TOWER AND HIGH ROPES CHALLENGE COURSE**  
**RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT**

NOTICE: THIS IS A LEGALLY BINDING AGREEMENT. YMCA Camp Campbell's Climbing Tower and High Ropes Course programs includes a climbing tower, high ropes challenge course and low elements activities. The activities on the tower and ropes course are strenuous and psychologically demanding and require participants to be in good physical condition. Although it is impossible to foresee all possible dangers, some specific risks the participant may encounter while using the tower or ropes course might include, but are not limited to, injury from slipping, falling, running, or jumping.

- Participant is aware and understands that participating in YMCA Camp Campbell's Climbing Tower and High Ropes Course Program involves a potential risk of physical injury that may not only be from his/her own actions, inactions, or negligence, but also from the actions, inactions, or negligence of others, the condition of the environment, equipment, or areas where the event or activity is being conducted.
- Participant understands that the programs are physically demanding and potentially dangerous. Therefore, all participants must be free of medical or physical conditions, which might create undue risk to themselves or others who depend on them. If there are any questions about the participant's ability to participate, please consult with the participant's physician prior to signing this form or participating in the program.
- Participant understands that he/she is responsible for behaving in a careful and prudent manner to minimize the risk of injury to themselves or others.
- Participant understands that this is a voluntary program and that he/she should participate to the extent that they feel appropriate for their own condition and skill level.
- Participant will not be able to participate if under the influence of drugs or alcohol.

**RELEASE/INDEMNIFICATION AND COVENANT NOT TO SUE**

In consideration of my use of the Climbing Tower and High Ropes Challenge Course, I, ....., the undersigned user, agree to release and on behalf of myself, my heirs, representatives, executors, administrators, and assigns, HEREBY DO RELEASE the YMCA Camp Campbell, 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 YMCA Camp Campbell on account of personal injury, property damage, death or accident of any kind, arising out of or in any way related to my use of the Climbing Tower or High Ropes Course whether that use is supervised or unsupervised, however the injury or damage is caused, including, but not limited to the NEGLIGENCE of the YMCA Camp Campbell, its officers, agents, and employees.

In consideration of my use of the Climbing Tower and High Ropes Course, I, the undersigned user, agree to INDEMNIFY AND HOLD HARMLESS the YMCA Camp Campbell, its officers, agents, and employees from any and all causes of action, claims, demands, losses, or costs of any nature whatever arising out of or in any way related to my use of the Climbing Tower and Ropes Course.

I hereby certify that I have full knowledge of the nature and extent of the risks inherent in the use of the Climbing Tower and High Ropes Course and that I am voluntarily assuming the risks. I understand that I will be solely responsible for any loss or damage, including death, I sustain while using the Climbing Tower and High Ropes Course and that by this agreement the YMCA Camp Campbell of any and all liability for such loss, damage, or death.

I further certify that I am in good health and that I have no physical limitations which would preclude my safe use of the Climbing Tower and High Ropes Course.

I further certify that my date of birth is ..... (month/date/year), that my present age is ....., and that I am therefore of lawful age (18 years or older) and otherwise legally competent to sign this agreement. I further understand that the terms of this agreement are legally binding and certify that I am signing this agreement, after have carefully read it, of my own free will.

**I have read this release of liability and acknowledge and agree to be bound by the terms of this document.**

..... Printed Name	<b>X</b> ..... Signature
..... Address	..... Date
..... Home Phone	..... Emergency Phone

**If the participant is under the age of 18, the parents or legal guardian's signature is required.**

..... Child's Name	..... <b>X</b> Signature of Parent/Legal Guardian	..... Date
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# YMCA Camp Campbell Medicine Intake

Student's Name

.....

Student's School

.....

Date of Birth

.....

Please list all medications, doses, and circle the times they need to be given. Use additional sheets as needed.

**E:** In Case of Emergency

**N:** Given only when necessary

**MEDICATION NAME**

**DOSAGE** amount

**TIMES** circle all that apply

*Example: Zyrtec*

*1 tablet*

8am

12pm

6pm

9pm

N

E

8am

12pm

6pm

9pm

N

E

8am

12pm

6pm

9pm

N

E

8am

12pm

6pm

9pm

N

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8am

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8am

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6pm

9pm

N

E

8am

12pm

6pm

9pm

N

E

8am

12pm

6pm

9pm

N

E

I authorize the YMCA Health Office staff to give the medications listed as directed above.

Parent/Guardian Name

.....

Phone Number

.....

Parent/Guardian Signature **X**

.....

YMCA Health Care Staff Signature **X**

.....



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# YMCA Camp Campbell Outdoor Science School Restricted Dietary Sheet

In an effort to ensure responsible food service for all our students, YMCA Camp Campbell offers vegetarian fare at all meals. If your camper has a restricted diet or food allergies, please fill in the sheet below.

Camper Name

School Group

Dates in Camp

**DIETARY RESTRICTIONS/ALLERGIES** Please check all that apply:

- Dairy    Soy    Tree    Nuts    Peanut    Fruit    Shellfish    Gluten    Vegan

Other

If your camper has severe or life-threatening allergies to ingredients that are commonly used in food service, please list them in the provided space for our benefit. YMCA Camp Campbell is not liable for pre-existing medical conditions or the potential hazards associated with camping and standardized food service. We serve a variety of foods as part of our daily operation, and cannot guarantee a sterile or allergen-free environment. Should you care to provide your own microwaveable food or packaged snacks, arrangements can be made for service and storage. If you are providing food, please ensure all food is nut free.

**SEVERITY OF REACTION TO ALLERGEN**

- 1 Discomfort    2 Medical Attention Needed    3 Life-Threatening

Foods Provided



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YMCA CAMP CAMPBELL

# PICK-UP AUTHORIZATION

(To be completed by Parent/Guardian)

At the Y, we take our responsibility for the well-being of your child very seriously. Please fill out the form below with the names of all adults authorized by you to pick up your camper, including both parents, if applicable. If you will be the only person picking up your camper, list only yourself. **The Pick-Up Authorization Form must be completed even if a parent is doing the pick-up.**

**THIS FORM ONLY NEEDS TO BE COMPLETED IF THE CHILD IS BEING PICKED UP FROM CAMP EARLY.**

Camper's Name \_\_\_\_\_ Session Dates \_\_\_\_\_

I, \_\_\_\_\_ (printed parent/guardian name), give permission for my child to be released from camp to the following adults:

Name (as appears on driver's license)	Relationship	Phone Number
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**FOR CAMP USE ONLY**

I am picking up the above named child from YMCA Camp Campbell and assuming full responsibility for him/her.

DATE	TIME	DROP OFF/PICK UP	AUTHORIZED SIGNATURE	STAFF SIGNATURE



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# YMCA Camp Campbell Outdoor Science School Student Souvenir Order Form

Student Name ..... Teacher Name .....

We have a great selection of items your child can take home to remember their experience at YMCA Camp Campbell. Please indicate below the item, quantity and size that you'd like for your child and/or family members and return along with payment to your child's classroom teacher by: ...../...../..... Thank you.



(Front)

**T-Shirt \$15**



(Back)



**Hoodie \$30**

**Apparel sizes to choose from:**

- Child Large, "CL"
- Child X-Large, "CXL"
- Adult Small, "S"
- Adult Medium, "M"
- Adult Large, "L"
- Adult X-Large, "XL"
- Adult XX-Large, "2XL"



**Pillow Case \$10**



**Beanie \$12**



**Stuffed Animals \$10**



**Flashlight \$5**  
colors may vary



**Nalgene Water Bottle \$12**

Item	Quantity	Size/Color	Price
Example: Hoodie	2	CL	\$60

**Total Amount Enclosed\*** .....

\*Make checks payable to your child's school