

YMCA of the North

Day Camp Family Handbook



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WELCOME TO DAY CAMP!

At YMCA of the North Day Camps, we believe every child deserves the chance to explore the outdoors, discover new skills, and build confidence through adventure. Day Camp provides unique opportunities for children to unplug, spend time in nature, and experience the joy of challenging themselves in safe and supportive ways. From hiking trails to trying new activities, campers grow in resilience, teamwork, and independence while making lasting memories and friendships.

This handbook is here to help you understand what you and your camper can expect at Y Day Camp and how, by working together, families and staff can create the best possible experience for every child. Our policies and practices are in place to keep campers safe while allowing them the freedom to explore, take healthy risks, and learn through play.

We are excited to welcome your family to the adventure of camp and look forward to sharing an opportunity of growth, discovery, and fun! If you have questions along the way, please reach out; we are here to support you.

YMCA Mission

To put [Christian principles](#) into practice through programs that build healthy spirit, mind, and body for all.

Day Camp Vision

*Y Day Camps support the YMCA mission by helping every child grow in **spirit, mind, and body**. Through hands-on outdoor adventure and nature exploration, we cultivate curiosity, foster resilience, strengthen well-being, and inspire lifelong recreation and connection to the natural world.*

Curriculum

The Y Day Camp program framework is designed to create safe, fun, and meaningful experiences that help children grow in spirit, mind, and body. Parents/guardians can expect a daily schedule of activities that balance structured programs, camper choice, and opportunities for exploration and adventure. Campers are encouraged to try new things, make friends, and build lasting memories while developing important life skills.

Our program provides well-rounded experiences that nurture growth and learning through activities such as:

- Adventure Sports
- Nature & Science
- Arts & Imagination
- Aquatics
- Horseback Riding
- Team Building
- STEM
- Leadership Initiatives
- Winter Recreation

Camp Locations & Contact Information

For questions about programming, camper care, or same-week changes to drop-off or pick-up, please contact your day camp directly. Updates to authorized pick-ups during the week must be sent by email.

<p><u>Day Camp Christmas Tree</u> 6365 Game Farm Rd E, Mound MN</p> <p>Email: Camp.ChristmasTree@ymcamn.org Phone: 952-472-1018 (summer only) Facebook & Instagram Camp Director: Jacob Wright</p>	<p><u>Day Camp DayCroix</u> 345 Riverview Drive, Hudson WI 54016</p> <p>Email: Day.Croix@ymcamn.org Phone: 612-461-9694 Facebook & Instagram Camp Director: Cole Davis-Roberts</p>
<p><u>Day Camp Gathering Pines</u> 23701 Zane Ave, Lakeville, MN 55044</p> <p>Email: Gathering.Pines@ymcamn.org Phone: 651-309-4414 Facebook & Instagram Camp Director: Nick Dyson</p>	<p><u>Day Camp Heritage</u> 7732 Main St., Lino Lakes, MN 55038</p> <p>Email: Camp.Heritage@ymcamn.org Phone: 612-465-0554 Phone: 612-806-4309 (summer only) Facebook & Instagram Camp Director: Mackenzie Kern</p>
<p><u>Day Camp Ihduhapi</u> 3425 Ihduhapi Road Loretto, MN 55357</p> <p>Email: Day.Ihduhapi@ymcamn.org Phone: 612-517-8974 (call or text) Facebook & Instagram Camp Director: Eric Fallon</p>	<p><u>Day Camp Spring Lake</u> 13690 Pine Bend Trail, Rosemount, MN 55068</p> <p>Email: Camp.SpringLake@ymcamn.org Phone: 651-259-1475 Phone: 651-248-5645 (summer only) Facebook & Instagram Camp Director: Lane Underdahl</p>
<p><u>Day Camp Streefland</u> 11490 Klamath Trail, Lakeville, MN 55044</p> <p>Email: Streefland@ymcamn.org Phone: 952-222-7011 (summer only) Facebook & Instagram Camp Director: Ashmita Geyerman</p>	<p><u>Day Camp Manitou</u> 9910 Briarwood Ave. NE Monticello, MN 55362</p> <p>Email: CampManitou@ymcamn.org Phone: 612-806-1267 Facebook & Instagram Camp Director: Teresa O'Sullivan</p>
<p><u>Adventure in the Neighborhood</u> Mobile Day Camp Program</p> <p>Email: NearByNature@ymcamn.org Phone: 651-248-1362 (summer only)</p> <p>Camp Director: Niall Murton</p>	<p><u>Y of the North Customer Service Center</u> For registration, payments, assistance, or changes/cancellations, contact our customer service center using the email link below.</p> <p>Phone: 612-230-9622 Email: www.ymcamn.org/contact_us</p>

To support independence and keep campers fully engaged, we ask that camp be an electronics-free experience. If you need to reach your child, please contact the camp office. We strongly recommend campers leave phones and devices at home. If a camper must bring a phone, it should stay off and kept inside their backpack.

Forms

Health Form (Required): Health forms are assigned to families in their Y Community Account after registering for Day Camp. This health needs to be completed before a camper can attend camp.

Medication Release Form: The [Medication Release Form](#) must be submitted if you are sending medications, prescription or non-prescription, with your camper to camp.

Individual Camper Care Plan: Please complete the [Individual Camper Care Plan](#) if you think there is anything important your child's counselor should know about working with him/her. This includes detailed behavior concerns, camper's fears/reservations, medical, and other tips etc.

Camper Release Waiver: The [Camper Release Waiver](#) is for campers in grades 6 and above to sign themselves out after the camp program. Parent/guardian permission is required.

Teen Leadership Agreement: The [Teen Leadership Agreement](#) is required for all Junior Counselors and campers participating in the Leaders in Training program.

Overnight Camping Agreement: The [Overnight Camping Agreement](#) is required for all campers participating in day camp programs that include an overnight camping experience.

Wisconsin Day Camp Forms: The state of Wisconsin requires day camps to collect additional forms for participants, ages 3-6. Please submit completed [Health History](#) and [Childcare Enrolment Forms](#) on your child's first day of camp.

Day Camp Team Members

We know that choosing a day camp means placing a great deal of trust in the adults who care for your child. That trust matters deeply to us. Every YMCA Day Camp counselor is carefully selected not only for their skills and experience, but for the heart they bring to camp each day.

Our staff meet or exceed American Camp Association (ACA) guidelines and are chosen because they:

- Serve as positive, professional role models for campers
- Create an environment that feels safe, welcoming, and fun
- Show genuine care, respect, and interest in getting to know each child
- Understand children's developmental needs and know how to support them
- Bring real enthusiasm for nature, play, and outdoor adventure

Before working with campers, day camp staff complete thorough reference checks and background screenings. They also receive more than 30 hours of training, including child abuse prevention and role-specific safety training. All YMCA team members and volunteers are mandated reporters.

Above all, the day camp team is here because they care. They show up each day ready to listen, encourage, and help your child feel safe, included, and excited to be at camp.

Accommodation Requests

The YMCA of the North is committed to improving access to our programs and spaces for all members, participants, and children in our care. If your child has complex medical or behavioral needs, please fill out the YMCA's [Accommodation Request Form](#). YMCA of the North teams will then collaborate with you and your family to

determine what accommodation we may be able to put in place and/or provide a response guided by our core values if we are unable to accommodate part or all of your request.

Please note that this process is designed to take place before registering a child for camp, so accommodations can be coordinated before the camp session begins. We appreciate all proactive communication from families to help ensure each camper is set up for success.

Most YMCA Day Camp programs are not specially designed for children with complex medical, behavioral or toileting needs, so this form is a great first step for identifying potential accommodations.

CAMPER DROP-OFF & PICK-UP

Required Sign-In and Out Procedures

You must sign your child in every morning and out every afternoon for the sessions they attend. Sign in and out will be with a day camp staff member at your bus stop, day camp or before/after care location. Guardians should not leave children unless they are checked in with and under the supervision of the appropriate Y team members.

For the safety of all campers, only individuals listed as a camper's emergency contact or designated as the account's primary contact are authorized to sign out a camper. (Note – only one parent/guardian can be listed as an accounts primary contact, so the second parent should be listed as an emergency contact.) **All authorized individuals must be at least 16 years old. Camp staff will always verify identification at every pick-up to ensure campers are released only to approved individuals. Please bring a photo ID when picking up your camper.**

To add or change an authorized pick-up, written notice is required. To update your child's emergency contacts on your account, please contact [Customer Service](#). For changes the week before your session start date and during the camp session, please email camp directly, so we have the request in writing. No phone authorizations will be accepted. In emergency situations, exceptions may be made only if staff can verify the request by calling a previously provided number from the emergency form.

If a court-ordered custody agreement is in place, the YMCA is legally required to follow its terms. The guardian with legal custody must provide the YMCA with a certified copy of the most recent court order. This document must be kept on file and updated as needed.

The safety and well-being of every child in our care is our highest priority. Please contact the camp if you have any questions or concerns.

Camper Release Waiver (Self Sign-Out, Grades 6+)

Campers entering 6th grade and above may check out of camp programs on their own, with parent or guardian permission. To authorize this, you must complete and submit the [Camper Release Waiver](#). Campers with a completed Camper Release Waiver are only permitted to sign themselves out; they are NOT authorized to sign out other campers from any camp program.

Absences

If your child is not going to be in attendance for a scheduled session, it is the parent/guardian's responsibility to call/email the day camp to notify the camp. This does not change fees for the day but does ensure our team knows your child is safe and accounted for.

Drop Off, Pick Up, and Parking

Please park in designated parking spots when dropping off or picking up your child. Do not leave your vehicle parked in loading zones, fire lanes, or handicapped spots (without proper permits). For your safety, security, and health of all the Y recommends not leaving your unattended vehicle idling and that you secure your valuables out of sight. We reserve the right to call the local authorities if your vehicle is parked illegally, and if habitual illegal parking occurs, we will consider termination of care.

Summer Before & After Care

Before and after care is available to extend the summer camp day, providing a safe and supervised space for campers. Activities may include games, snacks, and active play, all led by trained YMCA staff. Before-care begins at 7AM and after care goes until 5:30PM. If your child is registered for a before/after care site at a bus stop, please make sure they arrive at least 10mins before that bus is scheduled to depart for camp.

Bus Transportation

Bus transportation is available to and from camp at designated community pick-up and drop-off locations. All routes are supervised by YMCA staff to ensure camper safety during travel.

**There is currently no bus transportation options available for Adventure Day Camps – during the school year.*

Bus Rules

All campers must follow the camp rules outlined below to maintain a safe and positive trip to and from camp. If a camper's behavior does not meet these standards, parents/guardians will be notified; seating arrangements may be made and if problems persist, riding privileges may be revoked.

- Always check on and off the bus with a YMCA Team Member.
- Campers must remain in their seats; all body parts and belongings are to always remain inside the bus.
- Bus windows can only go down halfway; the emergency exits should be used only during an emergency.
- No eating or drinking (except water) on the bus.
- All campers must sit on a seat and face forward. No lap sitting and no one in the aisle.
- Hands remain to yourself; no fighting or screaming.
- Let a counselor know if something is wrong right away.
- Electronic devices must be kept off and inside backpacks.

Busing Delays

The YMCA will notify parents/guardians (account primary contact) by email if there are delays in bus transportation to or from camp. Updates will be sent as soon as possible to help families plan accordingly. Please ensure that we have your most up-to-date email address on file, as this will be our primary method of communication in the event of transportation delays.

PLANNING FOR YOUR CHILD'S DAY

Packing List

SUMMER DAY CAMPERS SHOULD BRING:

- Backpack (labeled) to carry all items
- Lunch, snacks & refillable water bottle.
- Layers appropriate for the weather of the day
- Insect repellent, sunscreen & hand sanitizer
- Swimsuit & Towel
- Shoes with backstrap (please no flipflops/slides)
- Camp store money and/or tie-dye item & plastic bag

WINTER DAY CAMPERS SHOULD BRING:

- Backpack/ bag (labeled) to carry all items
- Lunch, snacks & refillable water bottle.
- Outer Layers (winter jacket, snowpants, gloves/mittens, scarves or neck gator, hat, etc.)
- Warmth Layers (sweatshirt, warm socks, etc.)
Fleece PJs work great as extra warmth layers
- Winter Boots
- Extra clothing to change into (optional)
- Inside shoes / slides (optional)

*Closed-toe shoes are required for all climbing / challenge course programming.

*We recommend horse campers have boots, but at a minimum they must have closed-toe and closed-heeled shoes and long pants (bring shorts for time spent away from horses). Crocs, water shoes, and sandals are not acceptable footwear for horse activities.

CAMPERS SHOULD NOT BRING:

- **Electronics- cell phones, iPods/mp3 players, smartwatches, etc.**
(except when needed for medical reasons or a media-based specialty camp.)
- Personal sports equipment, games, trading cards (i.e. Pokémon & Magic Cards)
- Money (unless being brought for the camp store)
- Firearms, pocketknives or weapons
- Personal climbing or archery equipment
- Candy and caffeinated drinks
- Alcohol or drugs
- Motor Vehicles
- Pets or Animals
- Unregistered friends/family

***The YMCA is not responsible for lost, stolen or damaged items. Valuables and meaningful items should be left at home.**

Appropriate Outdoor Attire

Your child should dress for a day of outdoor adventure! Please do not send your child's best clothing/shoes, as camp activities are outside and rugged. Please consider the weather before your child leaves home every morning and remember that the weather can change quickly. Appropriate footwear and clothing will help your child enjoy a more comfortable day. Clothing should be identified with the child's first and last name on it.

Packing Lunch & Snacks

Each child should attend day camp packed with lunch and two snacks. The Y encourages families to send healthy snacks with their child each day. We also recommend that campers bring additional snacks if they are signed up for before & after care.

Lost & Found

We do our best to help campers keep track of their belongings. The Y is not responsible for lost, stolen, or damaged items—including confiscated phones. Please do not send valuables, irreplaceable items, jewelry, or favorite toys/stuffed animals to camp.

We highly encourage families to label all their campers' belongings. Lost and found items will be kept for about one week after each session, after which they may be donated or thrown away. For health and safety reasons, soiled or damaged items will be disposed of immediately at staff discretion.

Friend / Buddy Requests

We do our best to honor at least one friend request per camper whenever possible. Friend requests must be made at the time of registration and can only be accommodated if both campers are enrolled in the same program. Please note that we may not be able to accommodate requests for campers with more than a two-year age difference.

DAY CAMP COMMUNITY STANDARDS & BEHAVIOR EXPECTATIONS

Living our Values

At the Y we believe that every family and child should have access to camp. We aspire to create a camp community that is safe, inclusive, welcoming, and exemplifies the Y's core values of Caring, Honesty, Respect, Responsibility, and Equity. We recognize that campers come to us with a range of backgrounds, experiences, and history, and that this may be reflected in their mental or behavioral health while at camp. While working with children at camp our goal is to collaborate with families. To help in this effort, we utilize an [Individual Camper Care Plan](#) to help us inform and prepare our staff. We ask that families to fill out this form only if there are special concerns or situations that you feel we need to know. The more detailed information and helpful "tips" you can give, the better prepared we are to work with your child.

It is our goal that Day Camp staff make every effort to ensure all campers have a safe and positive camp experience. We believe our success at camp stems from a safety-first mentality. Day Camp is designed to be a fun and amazing outdoor experience for kids, but we recognize that the small and large group activities may not always be the best fit for all campers.

Social Emotional Learning

In order to best support the safety and enjoyment of camp, we approach Social Emotional Learning as strategy for systemic improvement for all as it supports adults to strengthen practices that promote equity. Social Emotional Learning is the process through which all young people and adults acquire and apply knowledge, skills, and attitudes to develop healthy identities, manage emotions, achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions. We believe that our campers have the opportunity for growth and support within the five pillars of Social Emotional Learning and development- self-awareness, self-management, responsible decision making, relationship skills, and social awareness.

Action Plans

While working toward our goals of providing a safe and positive camp experience we may implement Action Plans. Action Plans are tailored to children and their specific needs. We work in partnership with campers, families, and camp staff to determine appropriate action plans for a camper. When determining action plans we strive to partner with families and meet campers where they are at in their development, all while keeping safety at the forefront.

We train and empower our camp counselors to support campers' individual needs with the implementation of action plans. These action plans are designed to work with campers on a personal basis to reach success while ensuring we are meeting each camper where they are at.

Harmful Situations

When a situation becomes harmful to an individual, the group, or when it cannot be resolved, then we will bring in additional support from the Camp Leadership team. Examples of this could be a camper running away from their group or not staying within sight and hearing range of their staff members, bullying toward another camper or staff. Our Day Camp Leadership teams include a small team of Blue Card® holders trained in CPI Nonviolent Crisis Intervention®. This team is trained in crisis intervention, de-escalation, non-restrictive and restrictive intervention. If camper behavior escalates to physical violence, endangering the health and safety of themselves, other children, or staff, purposefully hurting themselves, another child or staff, restrictive intervention will only be deployed as a last possible resort due to extreme danger or intent to harm. **Our Y Camping teams hold a range of compassion and expertise, but we are not mental health professionals, social workers, or 1:1 camper to staff support.**

Program Removal

We will support your child the best we can to make camp as successful as possible. If change has not been made after a thorough action plan, should a camper need support that goes beyond what we can safely provide, or, should a situation escalate to a level where we can no longer safely find a resolution for the camper an action plan may determine the need for a child to be removed from a program for any amount of time, including the remainder of the summer season.

The above serves as an overview of how our camps help to ensure the success and safety of all our campers. If you have questions regarding further details of our procedures, or if you have concerns regarding your camper's needs, please contact the day camp via phone or email.

If a guardian is called to pick up a child for behavior, the child must be picked up within one hour or a late fee will be accessed. Y day camps reserve the right to contact emergency services if a child's behavior is a threat to themselves or others.

Bullying

At YMCA of the North, bullying is inexcusable, and we have a firm policy against it. Every participant is expected to treat others with respect and help create the best possible camp experience for all.

Our leadership addresses all incidents of bullying seriously. Our staff is trained to uphold our core values and follow proper communication channels to report and respond to bullying.

What Bullying Is:

Bullying is repeated, intentional behavior (verbal, physical, or social) that causes harm, intimidation, or distress to another participant. Examples may include:

- Name-calling, teasing, or put-downs meant to hurt
- Excluding someone on purpose
- Spreading rumors or gossip
- Hitting, pushing, or other aggressive physical contact
- Misusing technology (such as texts or social media) to embarrass, threaten, or isolate others

What Bullying Is Not:

Not all conflict is bullying; learning to work through disagreements is a natural and inevitable part of growing up, and our staff help youth practice positive conflict resolution skills. Disagreements, arguments, or a one-time act of unkindness, while still needing attention, are not the same as bullying. These situations are addressed through conflict resolution and guidance, while bullying requires a stronger response.

Racial/Bigoted Language

The YMCA's core values are Caring, Equity, Honesty, Respect & Responsibility. Living out these core values means there is no place for racism, bigotry and any form of verbal abuse in our programs.

How will we respond if someone were to use racist or bigoted language at camp?

- Individuals involved are separated
- Leadership staff gather background information and talk to witnesses.
- Parents/guardians of camper(s) involved will be contacted.

Consequences & return to camp

- Camper using racist or bigoted language may be sent home immediately and/or suspended the following day.
- Parents/guardians & camper may be required to meet with camp leadership before they are allowed to return to camp.
- Parents/guardians and the camper need to understand that any further unacceptable behavior is grounds for further suspension from camp and other YMCA programming.

Non-Violence & Weapons Policy

Our program is a non-violence program. This means that hitting, fighting, verbal threats, or violent statements will not be tolerated. Firearms, ammunition, and other potentially dangerous items may not be kept or brought on the premises. Weapons of any kind are not allowed in any day camp program. If a participant or visitor is found to have a weapon, they will be removed from the program immediately. Our policy also means that knives or weapons of any kind are not allowed and will be confiscated. Any violation may result in suspension.

The YMCA reserves the right to determine if a child should be sent home or removed from program because of violent behavior. Children using violence as a method of reconciling differences or settling disputes may be considered for immediate suspension, possibly expulsion at the discretion of the Camp Program Director and/or Executive Director.

Electronics at Day Camp

To foster quality outdoor experiences and to keep youth safe, **campers are NOT allowed to use electronic devices while at day camp or on the bus.** This includes cell phones, smart watches, gaming devices and digital cameras. **We highly recommend campers keep all electronics safe at home.** If campers do bring devices to camp, the expectation is that they are turned off and kept inside their backpack. If parents/guardians need to contact their child, they can call the camp office. For everyone's safety, there is zero tolerance for using electronic devices in restrooms or changing spaces. Recording any participant or YMCA team member is strictly prohibited.

What happens if campers use electronics while at camp?

Campers will get one reminder to turn off their devices and place them in their backpack. If campers continue to use their electronics, they may be required to keep the device in the camp office until the end of the day. Guardians may be asked to pick up their child's devices and/or talk to a camp leader. Failure to follow this rule may result in immediate suspension or removal from the program.

What risks do cell phones and electronics present at camp?

- Damage or lost property.
- Privacy of campers.
- Unsupervised access to internet.
- Campers are preoccupied with media interactions instead of camp experiences

What are the benefits of an electronic free camp experience?

- Connecting to nature.
- Building strong connections with others.
- Social & emotional growth.
- Fewer distractions from camp experience.

Are there any situations when campers can use their electronics? Yes.

- a. Campers who need their phones for medical purposes (example– blood sugar monitoring)
- b. Some specialty camps may allow the use of electronics for taking photos and videos (example– Photography Camp.) These camps will include lessons on internet safety.

HEALTH AND SAFETY

Is my child too sick to attend day camp?

For the health and safety of all campers, please do not send your child to camp when they are sick, and notify camp by email if they will be absent. We also ask that parents/guardian notify the day camp if their child contracts a communicable disease, as soon as diagnosed.

Please do not send your children to camp if they have any of the illnesses listed below:

- **Fever over 100F.**
- **Influenza like illness**
- **Vomiting or uncontrolled diarrhea**
- **Respiratory symptoms** – *Wheezing that occurs suddenly and is unexplained, severe congestion, uncontrolled coughing.*
- **Bacterial Pink-Eye/Conjunctivitis** *(Please keep camper home until they have been on antibiotics for 24 hours, or until doctor has determined they are no longer contagious. This includes no more mattering or drainage from the eyes.)*
- **Strep Throat** *(Please keep camper home until they have been on antibiotics for 24 hours)*

- **Possible Impetigo/Other Rash** (*Please keep camper home until doctor determines whether or not rash is contagious. If treatment is started, camper should be on medication 24 hours before returning.*)
- **Head Lice** (*Campers should begin the appropriate lice treatment before returning to camp.*)
- **Other Contagious illness** - such as chicken pox, scabies, ring worm, or other reportable diseases.

Children must be free from these illnesses/symptoms for at least 24 hours (without fever reducing medications) before returning to day camp and any contagious illness should also be cleared by a doctor.

* The YMCA reserves the right to override a doctor's note to return to the program, due to fever, rash or any other symptoms.

* *No tuition adjustment will be made due to illness/injury.*

Sending Your Camper Home Due to Illness or Injury

If your child becomes ill or injured at camp, all efforts will be made to make your child as comfortable as possible. In some situations, the camp will communicate with parents or guardians to gather information and work together to make decisions in the child's best interest. If a child has any of the signs/symptoms listed above, the child will be removed from their group, and the parent/guardian will be called to come and pick up the child. If a parent or guardian cannot be reached, the emergency contacts will be called. **Team members will continue to assess the child's condition while they remain in our care. Y day camps are not health care facilities; as such and because we are looking out for your child's best interests, you or another authorized adult must pick up your child *within one hour of being contacted*.** Late pick-up charges may also apply to children who need to be picked up due to illness/injury or behavior. No tuition adjustment will be made due to illness/injury.

Medication Administration

For medical and safety reasons, YMCA team members cannot administer any injections except for EpiPens. Our staff will ask guardians to follow the accommodations process below including and not limited to a specified plan from a doctor on specific medical needs. The YMCA reserves the right to deny care if we are unable to provide the medical care needed if it is an undue hardship or are unable to provide another alternative. We will work diligently to come to a solution if feasible and required guidelines can be met.

Outside of approved emergency medications, youth are NOT allowed to have medication in their possession. Day Camp staff may only dispense prescription medications from the original container that bears the original label displaying legible information stating the following:

- | | |
|---|--|
| • Name of medication and youth's name | • Name and address of licensed pharmacy issuing the medication |
| • Date of original issue | • Physician's name |
| • Directions for use | • Dosage and duration |
| • Prescription number and expiration date | |

A [Medication Release Form](#) must be completed by the parent or guardian and on file at the Y before any medication are dispensed, including non-prescription. Action plans from your doctor are also required for epi-pens and inhalers brought to program. Please return the form to the Y before your first scheduled day or the start of medication.

**Participants cannot share medication with others; this will result in suspension.*

Diabetes Medical Management Plan (DMMP)

If your child is diabetic, please provide a completed [DMMP](#) with your child's med form. If your child is not self-sufficient in managing their diabetes, please complete the YMCA's [Accommodation Request Form](#), so we can explore what support is available to your child.

Sunscreen

We ask parents/guardians to ensure sunscreen is applied before youth come to any day camp programs as participants will spend most of their time outside. Camp staff will remind participants to put on sunscreen periodically throughout the day.

Accidents/Injuries

If your child has a minor injury, the YMCA team members will perform First Aid if necessary and notify you via note home, phone call, or in person during pick-up.

If a significant injury occurs, YMCA team members will administer immediate First Aid and contact emergency medical services (EMTs) if necessary. Parents or guardians will be notified right away and consulted regarding next steps, including whether to pick up the child and seek further medical attention.

If we are unable to reach a parent or guardian and EMTs determine that transport is necessary, the YMCA will authorize transportation to the nearest medical facility. All medical and transportation costs will be the responsibility of the parent or guardian.

In case of an emergency, the YMCA team members will:

1. Call 911, perform First Aid immediately, and contact you. After 911 has been called, it is then up to the emergency response team to decide what actions will be taken.
2. In case the parents/guardians or designated person cannot be reached, a YMCA team member will accompany the child to the hospital and stay until the parent/guardian arrives. If a parent/guardian is not able to be reached, we will continue to call through your designated emergency contact list until contact is made.

Insurance

The program has general liability coverage by Great American Insurance Company issued to the YMCA of the North. However, if an injury does occur, the waiver that is signed at registration states that parents/guardians agree to use their own insurance first.

Toileting

Camp participants are expected to manage their own toileting and changing needs independently. While YMCA Day Camp staff cannot provide hands-on assistance, they may offer verbal guidance, reminders, and encouragement to support children as needed. If you know your child will need support with changing or toileting, please complete the [Accommodation Request Form](#) to see what options may be available for your camper to attend camp.

ENVIROMENTAL CONSIDERATIONS

*Y Adventure Programs cannot refund payments when sessions are cut short or canceled due to circumstances beyond our control. This includes inclement weather, heat waves, poor air quality, cold waves/blizzards, etc.

Inclement Weather

Summer Camp is held rain or shine! Please make sure your camper dresses for the weather, with appropriate rain gear. Remember, when it rains, our Plan B is Plan A with a raincoat! Your child may return home wet and muddy! Updates regarding bus delays and inclement weather will be communicated to families via email.

Extreme Heat

To keep participants safe during extremely hot days, we will occasionally cancel and/or adapt certain activities. We follow these principles when caring for campers during warm weather:

- Stay Hydrated: We encourage campers to drink water early and often.
- Slow Down: We frequently rest and seek out shade /water.
- Wear the Right Gear: We encourage campers to wear light loose and breathable clothes.
- Listen to Your Body: We encourage campers to “listen to their bodies” and tell an adult if they if they feel dizzy, lightheaded or nauseated.

As always, you know your camper best. If you believe your camper will not thrive on a day with severe heat and would prefer to keep your camper home, please notify camp. You can also connect with camp to coordinate an early pickup if you decide that is most appropriate for your child. Refunds will not be offered due to extreme heat.

Air Quality

During Air Quality Alerts, we carefully follow the guidance from the National Weather Service, CDC, and Minnesota/Wisconsin Department of Health.

- We monitor and adjust programming to ensure children can safely participate in our outdoor programs.
- Adjustments include slowing down physical activity, emphasizing hydration, and spending more time in our indoor spaces (if/when available.)
- For campers with specific health concerns, sensitivity to air quality, or other concerns, we encourage guardians to send an N95 mask and speak with a camp leader for accommodations.

As always, you know your camper best. If you believe your camper would not thrive on a day with poor air quality and would prefer to keep your camper home, please notify camp. You can also refer to your camp’s early pickup information if you determine an early pickup would be appropriate for your child. Refunds will not be offered due to poor air quality.

Horse Camps & Weather

Like humans, horses are affected by the air temperature, humidity and poor air quality. Keeping campers, staff, and horses safe during the program is our top priority. Below are the guidelines we follow during our horse programs:

- Riding activities will not occur if the heat index is above 97 degrees Fahrenheit. This is also known as the “feels like” or “combined” temperature.

- Between 95 and 97 degree-indexes, only light riding activities (walking or bareback) will occur.
- During hot days at camp, Wranglers and Camp Counselors will continue to engage campers with educational and fun activities at the barn while following our YMCA of the North plans for warm weather conditions. Staff and campers will practice the principles above for staying safe in warm weather.
- Riding horses, even for short amounts of time during times of poor air quality can have damaging effects on horses' lungs and other internal organs—effects that can stay with them for years or even their entire lives. As such, riding activities will be limited or cancelled during times of poor air quality.

*Y Adventure Programs cannot refund payments when sessions are cut short or canceled due to circumstances beyond our control. This does include horse programs that are limited in ride time due to heat or inclement weather.

Ticks at Camp

Our day camps take place in beautiful natural areas, such as forests, fields, and tall grasses, where ticks may be present. Some ticks, such as deer ticks, can carry Lyme disease. To reduce risk, we encourage families to support campers in checking for ticks daily after camp. For more information on ticks and Lyme disease, visit the [Minnesota DNR website](#).

Winter Weather

At Winter Day Camps, camper safety is our top priority. Cold-weather activities provide unique opportunities for fun and adventure, but they also require extra precautions. To help ensure a safe experience for all, the following safety guidelines are in place:

- Stay with your group: Campers must remain with their group and counselor at all times.
- Ice safety: Campers may only go onto lakes or ponds when ice is at least 4 inches thick and approved by qualified staff. Thin ice, slush, or open water areas are strictly off-limits.
- Dress for warmth: Campers are encouraged to dress in layers (wicking, warmth, and weather protection) and cover exposed skin to prevent frostbite.
- Stay dry: Wet clothing increases the risk of hypothermia. Campers should avoid getting wet and will be asked to change into dry clothes if needed.
- Avoid overheating: Extra layers should be removed as needed to prevent sweating, which can lead to chills.
- Fuel and hydration: Staying well-fed and hydrated helps the body maintain heat.
- Keep blood flowing: Campers should avoid tight clothing and keep moving to stay warm.
- Wind protection: Campers should wear proper outer layers and spend time in sheltered areas when conditions are windy.

Even at winter camp, our goal is to spend as much time outdoors as possible, but campers will be brought inside when needed to ensure their safety and well-being. If you are worried that your camper does not have access to sufficient winter gear, please reach out to the camp for support as some of our sites have gear libraries to ensure campers have access to appropriate winter dress.

RISKY PLAY & SPECIALTY ACTIVITIES

Engaging in risky play allows children to explore their boundaries and develop essential life skills. Activities such as climbing, balancing, and navigating uneven terrain help build physical strength, coordination, and confidence. Mentally, these experiences encourage problem-solving, resilience, and the ability to assess and manage risks. Socially, children learn cooperation, communication, and empathy through shared challenges and teamwork. By embracing safe, age-appropriate risks, children gain a sense of accomplishment and a deeper connection to the natural world, all while enhancing their overall well-being. **Like all other experiences, camp is not risk-free. Please refer to our [Release and Indemnification Waiver](#) if you would like to review our indemnification policies.**

The specialty activities below offer exciting opportunities for growth and adventure, and like all outdoor experiences, they come with certain risks that we want campers and families to be aware of.

Challenge Course

Our challenge course experiences are designed to help participants build confidence, teamwork, and problem-solving skills in a fun and supportive environment. Activities may include climbing walls, high ropes elements, zip lines, and other high or low rope challenges.

Participating in challenge course experiences includes exposure to inherent risks. Our challenge course staff take steps to appropriately mitigate these risks by completing annual training and following Y of the North Challenge Course policies based on ACCT International standards. We ask program participants to help reduce risks by wearing sturdy, closed-toed shoes and avoiding chewing gum.

Participants with specific medical conditions (such as heart or lung conditions, epilepsy/seizure disorders, asthma, severe allergies, diabetes, and/or recent sprains, strains, or surgeries) may be at greater risk when participating in high challenge course experiences. We encourage participants to share these medical concerns with program staff before participating so we can provide appropriate support. The Y of the North also asks that participants refrain from participating in high challenge course elements while pregnant.

Participation is always voluntary, and campers are encouraged to try challenges at their own comfort level, with the option to stop at any time.

By choosing to participate, campers and families acknowledge both the potential risks and the positive outcomes of these activities, which include increased resilience, stronger peer relationships, and memorable growth experiences.

Aquatics

Our aquatic programs are designed to help participants build confidence, develop swimming skills, and enjoy water activities in a safe and supportive environment. Activities may include swimming time, canoeing, kayaking, paddleboarding, and water-based games. Swimming is recreational and does not include formal swimming instruction.

Participating in aquatics and boating experiences includes exposure to inherent risks. Our lifeguards and aquatics staff take steps to appropriately mitigate these risks by completing regular training, maintaining current certifications, and following Y of the North Aquatics policies based on nationally recognized safety standards.

Swimming and boating activities are supervised by Camp Lifeguards at a ratio of 1:25. Campers and staff will always wear camp provided life jackets during boating/watercraft activities.

To best prepare our lifeguard team for emergency response, we do occasional LIVE rescue drills during camp swim times. If campers are present for a live drill, they will be debriefed by staff following the drill. We do live drills because we care and strive to champion aquatics safety!

Swim Tests: Each camper’s swim ability will be tested on their first day of swimming. Campers may be required to wear a life jacket depending on their swimming abilities or age. Campers are NOT required to swim.

Deep Water Test <i>Green Wristbands</i>	Shallow Water Test <i>Yellow Wristband</i>	No Test <i>Red or no Wristband</i>
Campers will jump into the water, tread for 30 seconds, transition from treading to a front float for ten seconds, tread water for another ten seconds, and then swim ten yards.	Campers will enter the water to armpit depth, front float for 5 seconds, transition from floating to standing in water, back float for 5 seconds and return to standing. <i>*Shallow water may be defined as up to a camper’s armpits or within a designated swim area.</i>	All campers who do not take the swim test or are unable to pass, will be able to swim with a camp provided life jacket. All WeeBee Backpackers and Little Seeds (PreK-K) will be provided with a life jacket and will have to wait to try the test until they are in 1st grade.

**Camp locations may vary in what options campers have for taking swim tests.*

Participants with specific medical conditions (such as epilepsy/seizure disorders) may be at greater risk when participating in aquatics experiences. We encourage participants to share these medical concerns with program staff before participating so we can provide appropriate support.

Participation is always voluntary, and campers are encouraged to engage in swimming and boating at their own comfort level.

By choosing to participate, campers and families acknowledge both the potential risks and the positive outcomes of these activities, which include increased water safety skills, boating skills, physical fitness, resilience, and memorable growth experiences.

Horseback Riding

Our horse camp program is designed to help participants build confidence, responsibility, and respect for animals while developing horsemanship skills in a fun, supportive, and safe environment. Activities may include grooming, saddling, arena lessons, trail rides, and mounted games.

Participating in horseback riding experiences includes exposure to inherent risks. Our Camp Wranglers take steps to appropriately mitigate these risks by completing annual training and following Y of the North horse program policies. We ask program participants to help reduce risks by following the Y’s horse program rules, wearing appropriate safety attire, and listening carefully to wrangler instructions. Instructions will include using calm voices and avoiding running in the program area.

Safety Attire: While around horses, approved footwear and helmets are required. Shoes/boots must be closed-toe and closed-heeled; crocs, water shoes, and sandals are not permitted. Horseback riding helmets are provided by

the Y and must be ASTM/SEI-certified. While riding, long pants are required, and if campers are using stirrups, they must wear boots with a heel.

Participants with specific medical conditions may be at greater risk when participating in horseback riding experiences. We encourage participants to share medical concerns with program staff before participating so we can provide appropriate support. Participation is always voluntary, and campers are encouraged to ride and engage at their own comfort level, with the option to stop at any time.

By choosing to participate, campers and families acknowledge both the potential risks and the positive outcomes of these activities, which include increased self-confidence, improved horsemanship, responsibility, and memorable growth experiences. For safety reasons, wranglers may limit or restrict participation if a camper does not follow instructions or demonstrates unsafe behavior.

Target Sports

Our target sports programs are designed to help participants build focus, patience, and self-control in a fun and supportive environment. Activities may include archery, hatchet throwing, and slingshots, all conducted under the close supervision of trained staff.

Participating in target sports includes exposure to inherent risks. Our staff take steps to appropriately mitigate these risks by completing annual training, enforcing strict safety zones and range rules, and following YMCA of the North target sports policies. We ask participants to help reduce risks by carefully listening to and following all safety instructions provided by staff.

Participation is always voluntary, and campers are encouraged to engage at their own comfort level, with the option to stop at any time. By choosing to participate, campers and families acknowledge both the potential risks and the positive outcomes of these activities, which include improved focus, coordination, confidence, and memorable growth experiences.

Overnight Camping

Overnight camping trips provide campers with the chance to build independence, teamwork, and confidence while enjoying extended outdoor experiences. Activities may include setting up tents, outdoor cooking, hiking, campfires, and evening group activities.

During overnight trips, campers are expected to uphold the YMCA's five core values and follow staff guidance at all times. Campers must stay with their group, remain within established boundaries, and use the "TRUDDY" system (groups of at least three, including one staff member) when moving around camp. Electronics, dangerous items (such as knives), bullying, and inappropriate behavior are not permitted. Campers are expected to wear weather-appropriate clothing, respect others' privacy, and participate in group responsibilities such as setup and cleanup.

Campers are grouped for overnight accommodations by gender to ensure safety and privacy. Guided by YMCA core values, staff provide supervision to create a respectful and caring environment where all campers can rest well.

Campers and their parents/guardians are required to review and sign an [Overnight Camping Agreement](#) prior to participation. Failure to follow overnight expectations may result in activity restrictions, a required meeting with the Program Director and family, or removal from the trip at the family's expense. By participating, campers and families acknowledge both the potential risks and the many benefits of overnight camping, including personal growth, outdoor skills, and lasting memories.

PARTNERSHIP WITH PARENTS/GUARDIANS

Open Communication

We encourage parents and guardians to communicate openly with Y staff about the program and their children. Staff will make an effort to communicate with parents/guardians regularly about upcoming activities, children's behavior, or any program changes. It is the parent/guardian responsibility and mandatory to read and sign (if necessary) all accident/incident and all behavior report communications from the site. Refusal to sign communications will be noted on the report by staff and further steps may need to be taken to ensure safety of all in the program. A parent/guardian may request a conference with the Director at a mutually convenient time to discuss their child's overall development, behavior concerns or special needs. Y team members may also request a meeting with a parent/guardian to discuss these as well. Parent/guardians can visit the site at any time during the hours of operation with prior approval. See volunteer policy if they would like to volunteer.

Parent and Volunteer Participation

Parents and guardians are encouraged to participate in the program with their children whenever possible. There are many opportunities for parents to volunteer within the program, such as being a guest reader, helping during arts & crafts, leading an activity, or participating in Camp Impact Days (FKA Work Partys.) The Y welcomes program volunteers and matches them with programs they are best suited for. All volunteers have to participate in an onboarding process which may include a background check and training before working in the program.

Program Surveys

Camp families may occasionally receive a survey via email to share their thoughts on our programs. Our team loves to hear when their work is making a positive impact, and we greatly value your insight into ways we can better meet your child's needs. Your feedback helps us enhance our programs and create the best possible experience for every camper. In addition to survey responses, we also welcome ongoing, informal feedback via email, phone or in person.

Family Events

Family events will be scheduled throughout the year. These events are designed to involve your whole family in your child's experience. It is a great time to meet the staff and other families in the program. Details regarding dates, times and activities will be available at the site.

Parent/Guardian Code of Conduct

To ensure that Y Programs are a positive and healthy atmosphere, this Code of Conduct sets forth conditions that parents/guardians are expected to follow and promote. We intend to have Y Programs always represented positively.

- Parents/Guardians will conduct themselves in a manner that represents the five core values of the Y: caring, equity, honesty, respect, and responsibility.
- Parents/Guardians must always refrain from foul language, while at a Y program location.
- Parents/Guardians will not show or exhibit derogatory conduct toward any Y staff, participants, or other parents/guardians.
- The misuse of drugs or alcohol at a Y location is prohibited.

- Parents/Guardians are not allowed to take pictures/videos participants other than their own child.

If parents/guardians cannot or will not uphold these conditions, those individuals could face suspension from programs.

Child Protection Policy

To grow and learn, all children require that basic needs be met including safety, good nutrition, shelter, medical attention, clean clothes, appropriate discipline, and love. Parents/guardians who are having difficulty providing for a child's emotional or physical needs are encouraged to ask for help from team members who can help parents/guardians find community resources. If a parent/guardian is unable or unwilling to meet a child's needs or if there is suspicion of physical, emotional, or sexual abuse, the State of Minnesota mandates team members to file a report with the Child Protection Services.

Your child's safety is our top priority. If you witness or feel that your child is in danger of verbal, physical, sexual or emotional abuse while at camp, please report it to the camp director and/or connect with your risk management team (risk.management@ymcamn.org)

To learn more, visit our [Child Safety webpage](#).

Safe Boundary Information

- At no time may a child be alone with an individual staff member or volunteer outside the sight or supervision of others. At camp, this rule is known by campers and staff as a "TRUDDY".
A "TRUDDY" is a group of at least three people and one of them must be a YMCA staff member.
- Your child should not receive personal gifts from staff or volunteers.
- Staff and volunteers are not permitted to individually transport program participants in their personal vehicles.
- The Y limits outside contact between staff and program participants to include all social media platforms.

ENROLLMENT AND PAYMENT INFORMATION

Cancelation & Changes

A refund of program fees is available if you cancel your registration no later than 11:59 p.m. CT on the Monday two weeks before your program's start date.

Program deposits are non-refundable and non-transferable.

No refunds are available for changes or cancellations made after 11:59 p.m. CT on the Monday two weeks before your program's start date.

A \$10 change fee is assessed to any change made to the original registration, including transportation (where offered). No transportation or care changes accepted less than two weeks before program.

No tuition adjustment will be made for late arrival, early departure or dismissal from camp. No adjustment to registration cost will be made for campers who are tardy, absent from camper days or are restricted due to disciplinary reasons, or inability to manage pre-existing conditions, current illness/injury or dismissal.

**Y Adventure Programs cannot refund payments when sessions are cut short or canceled due to circumstances beyond our control. These may include, but are not limited to, wilderness area closures, forest fires, flooding, or other climate and environmental hazards that would prevent us from providing a safe and meaningful experience for all participants.*

Billing Adjustments

Additional fees (e.g., for late pickup, changes to registration, etc.) will be added to your account and must be paid when invoiced.

Multiple Party Payments

In cases where multiple parties are making payments to a childcare account, the Y is **not** responsible for determining which party has the financial responsibility for specific weeks/days. A [multiple party agreement form](#) must be completed and signed by both responsible parties prior to program start. Payments will be split by percentage only for each week of program. The Y will not adjust billing if campers are absent. Billing will be completed based upon program registration. Both parties must be set up on automatic billing through a valid credit/debit card. EFT authorization must be on file for both parties. These can be requested to [Customer Service](#), and they will provide as needed.

Late Pick-Up Charge

We understand that delays sometimes happen, but it is important that children are picked up on time at camp or at their designated bus stop/care location. Late pick-up places added stress on children/staff and may impact safety.

A late pick-up fee of **\$25 per child** may be charged for the first 15 minutes after the scheduled pick-up time, and **\$5 for each additional 5-minute period (or portion thereof)** until the child is picked up. For example, if your child is scheduled to be picked up at 4:00 p.m. and is picked up at 4:18 p.m., you may be charged a late fee of \$30.

This policy may be applied to:

- Pick-up at camp at the end of the day.
- Pick-up at bus stops and/or before & after care sites.
- Pick-up of children sent home due to illness/injury or behavior or in the event of an unplanned early closure. (Campers being sent home due to injury/illness or behavior need to be picked up within one hour.)

If a child is not picked up on time, staff will attempt to contact the parent/guardian(s). If they cannot be reached, staff will call the emergency contacts listed. If no one can be reached within 30 minutes, local authorities may be contacted.

If a child is not picked up from a bus stop location, that bus may need to continue to their next stop, so the bus is not delayed for other family's pick-up. If the bus continues onto the next stop, parents/guardians will be notified that they will need to pick up their child at the next bus stop.

While we understand occasional lateness, repeated or habitual late pick-up may result in suspension or removal from bus transportation / before & after care or from the program. We appreciate your cooperation.

Statements and Payment History Reports

For details about your registration, please log into your online community account and view active or pending enrollments. Receipts available through your online account may be used for flexible spending or childcare reimbursement purposes and can be accessed via your online [Community Page](#).

Please Note: Account setup is required to access billing, registration, and payment information. If you need help setting up your account or navigating your information, please contact [Y Customer Service](#) for assistance.

Scholarships and Financial Assistance

The Y of the North offers need-based assistance to help individuals and families access the programs that are important to them. These scholarships are made possible by generous donors and partners who are committed to providing resources that increase access to all.

Families can apply online here: <https://www.ymcanorth.org/scholarships>

Applications are processed in the order received. We will review your information and within ten (10) business days you should receive an email from us with a decision. We will follow up if we need additional information.

CAMP ADVENTRUE DAYS (SCHOOL RELEASE DAYS)

YMCA of the North offers Day Camp Adventure Days on select school release days during the school year. Adventure Days provide campers with a safe and structured environment where they can enjoy camp activities such as arts and crafts, nature exploration, games, and outdoor play. Seasonal activities such as hay wagon rides, snow tubing, and snowshoeing may be featured throughout the year!

Explore Adventure Day offerings here: [School Release Day Camps - Adventure Days](#)

Drop Off Hours: 7AM-9AM

Pick Up Hours: 3:30-5:30PM

Program Hours: 9AM-3:30PM

*In the event of low enrollment (less than 10 participants) the Adventure Day may be cancelled. We will do our best to notify registered families at least five days in advance.