



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Camp Campbell

Family Camp Participant Guide 2019

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YMCA of Silicon Valley Mission: To strengthen our community by improving the quality of life and inspiring individuals and families to develop their fullest potential in spirit, mind, and body.

FAMILY CAMP PREPARATION

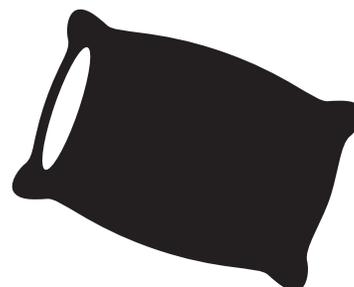
Suggested packing list

- Clothing-Dressing in layers is the best for the cold evenings and mornings at camp. Bring clothing you don't mind getting dirty!
- Bedding-Camp provides the mattress; bring your own pillow, sleeping bag and/or blanket. All cabins are heated and are shared with other families.
- Toiletries-Toothbrush, toothpaste, soap, shampoo, and other personal care items.
- Towels (for shower and pool)
- Flip Flops (for shower and pool only)
- Swim gear
- Shoes-Tennis shoes and hiking boots are recommended. Bring an extra pair, especially for mud or rain. Closed toe shoes are required for some activities.
- Flashlight-Camp can be very dark at night! A nightlight is suggested for inside the cabin if your family has young campers.
- Water bottle
- Reusable hot beverage travel mug
- Snacks (if desired)
- Journals
- Camera
- Rain gear
- Sun/rain hat
- White clothing items for tie dying (i.e. tee-shirt, socks, pants)
- Food for special dietary needs-We do our best to accommodate special dietary needs (i.e. vegetarian, gluten free, dairy free) when we know ahead of time. However, some guests choose to bring additional items as backup.
- High chair/booster seat for young campers
- Additional items for specialty camps (i.e. yoga mats for Women's Wellness)

***Please do not bring alcohol, drugs, tobacco, pets, weapons, or fireworks.**

Lost and Found

YMCA Camp Campbell and its staff are not responsible for lost, stolen, or damaged possessions. Please label all of your belongings. Lost and found collected at the end of a weekend will be held in storage for two weeks before being donated to a local charity. The Program Director may be contacted to search through stored items for you.



GETTING TO CAMP

Driving Directions

We can be difficult to find, especially in the dark. Plan to arrive earlier rather than later. It will most likely take at least an hour from most places in the San Jose region. We recommend carpooling and taking as few cars as possible as a family. Parking is limited.

Camp is located on Highway 9, three miles north of Boulder Creek. Highway 9 can be accessed from Saratoga via Saratoga Avenue or in Felton off Highway 17.

Take Highway 17 south from San Jose or north from Santa Cruz to the Mount Hermon Road exit and follow Mount Hermon to Felton.

In Felton, take a right onto Graham Hill Road, then after that an immediate right onto Highway 9, which will take you to the town of Boulder Creek.

Continue through Boulder Creek on Highway 9.

YMCA Camp Campbell (16275 HWY 9, Boulder Creek, CA) will be on the left, three miles past the center of town.

Maps and additional directions are on our website

Parking

Upon arriving to camp please park in our main lot and observe a site wide 5 mph speed limit. Parking is allowed only in designated spots. During check in hours staff will be on hand to guide you to a parking spot. Cars must remain in the main parking lot for the weekend. Please plan to move luggage between the parking lot and the cabin. We encourage you to pack only what you can carry or move with a luggage cart. Our parking lot is not next to cabins and you may not drive to the cabins.

Check In Information

Check in at camp is between 4:00 and 6:00pm on the first day of your program unless indicated otherwise via email. Check in is required for you to receive your cabin assignment and turn in the necessary YMCA waivers. If you arrive early, you will not be able to check in or enter camp until 4:00pm when our staff will collect the appropriate waivers and provide you with cabin placement information. To speed up this process, please print, sign, and bring with you the three attached waivers.

- Release and Liability Waiver (Page 7)
- Climbing Tower and High Ropes Challenge Course Waiver—applies to all participants who intend to participate in our Climbing Tower or Ropes Course. (Page 8)
- Code of Conduct (Page 9)

Late Check In

Please inform the Program Director if your family is unable to arrive at camp during established check in times. Arrivals after 9:00pm are not accommodated and we ask you join us the following morning starting at 8:00 am.

In and Out Policy

Camp closes our entrance gate to the public between 9:00 pm and 8:00 am. Access in and out of camp is limited during these hours.

Check Out Information

Cabins must be vacated by 10:00am on the last day of the camp program. However, program continues until 12:00pm. You do not need to formally check out. We do ask that you remove any trash and sweep the cabin prior to your departure.

YOUR FAMILY'S STAY AT YMCA CAMP CAMPBELL

Nuts and Bolts

Cabins

Our cabins are intended as a place for your family to rest and relax. Each cabin sleeps between 14 and 20 people and is equipped with electricity, hot showers, sinks, and toilets. Our tent cabins are only available for Memorial Day and Labor Day Family Camps. Each tent cabin has cots and access to shared, centrally located bathrooms with hot showers, sinks and toilets. Tent cabins do not have electricity.

Meals

Family Camp meals are served buffet style. Meals are only served during designated meal times. You do not need to arrive exactly at the start of the meal time; however, we recommend arriving in the first 30 minutes to enjoy a hot, freshly prepared meal.

We encourage you to sit with people you do not know or invite others to share your table to form connections and build relationships with other families at camp. Families are asked to clear off their table when finished with meals. Return all dishes to dish area and wipe down your table with provided towels.

Please let camp know about any dietary restrictions as soon as possible. We offer a healthy variety of food and we are able to accommodate some special diets (vegetarian, gluten-free, dairy-free), but in some cases you may want to bring your own food. We have a refrigerator and microwave for guest use.

Camp store

The camp store will be available with limited hours for the purchase of shirts, camp memorabilia and basic toiletries. We accept cash, check and credit card.

Quiet Hours

Santa Cruz County has mandated quiet hours from 10:00pm to 8:00am, seven days a week. Amplified music, drumming, screaming or any other loud disruptive noises are not permitted during these hours.

Emergency Procedures

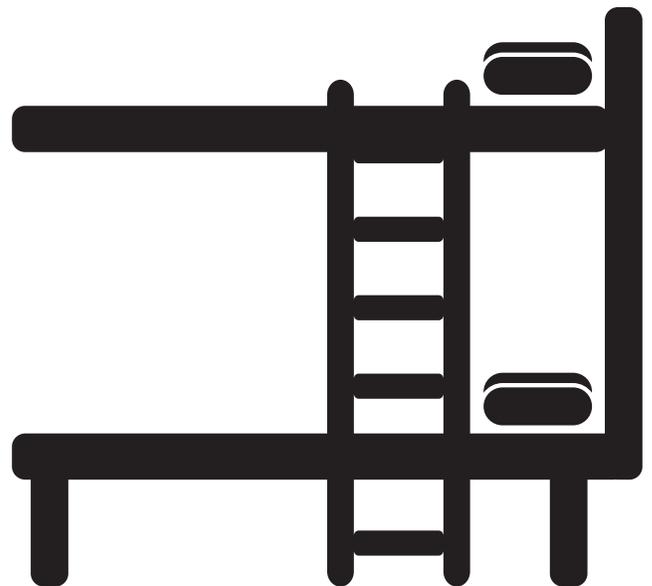
In case of emergency, please be aware of the following procedures:

1. An alarm will announce the emergency.
2. When you hear the alert, everyone should go directly to the brick patio in front of the Garden.
3. YMCA Camp Campbell staff will direct you in the next steps.

If you have an emergency, please contact a staff member immediately.

Cell Phone and Internet Access

YMCA Camp Campbell encourages an electronics-free camping experience. We ask that you leave tablets, laptops and music players at home and use your phone only as needed. Family Camp is about disconnecting from outside distractions, having conversations with new friends, building strong relationships as a family, and enjoying the beautiful redwood forest. Cell phone service is limited around camp. Verizon and ATT are the only providers with service in our area. Internet access is available in our Sommer Lodge and Swenson Family Lodge buildings. Staff members are able to provide log-on information.



Participation and Activity Information

Participation in any event/activity is optional. A wide variety of activities will be available. You will receive a schedule of activities, meal times, and more upon arrival. We encourage you to do as much or as little as you wish.

Some of our program areas have guidelines and restrictions. Please ask the Program Director if you have questions.

Swimming Pool Guidelines:

The pool and waterslide will be open at specific times during camp weekends. Pool and slide availability varies.

For safety, if a child ages 12 and younger wishes to be in the pool without a parent or guardian within arm's reach in-water, he or she will need to take a swim check led by one of our staff. The swim check consists of a shallow and deep-end swim portion (child must pass both swim checks to be able to use the deep-end.)

Shallow swim check: Swimmers must jump into the shallow water, recover to an upright position, swim the distance of the shallow section twice (there and back) without the assistance of flotation devices and climb out of the pool.

Deep-end swim check: Please note that deep water is relative to the height of the swimmer. Swimmer must swim the length of the pool with face in water, jump-in deep water and recover to a back float position for 10 seconds, swim to the wall and tread water for one minute (with head above the water). Children who are unable to complete any part of the deep-end swim check will not be able to swim in the deep-end of the pool.

To use the water slide, campers must be a minimum of 48 inches tall and perform the shallow swim check.

At the Y, safety is our number one priority. Please help us by following our pool guidelines and listening to our lifeguards, who have a responsibility to prevent and react to emergencies. We believe in the values of caring, honesty, respect and responsibility, so please be considerate of others. Running, diving, horseplay, and inappropriate language or behavior is not acceptable.

High Ropes Course:

Our high ropes course is a series of activities that call for heightened physical challenges while following precise instructions. High ropes activities include the Leap of Faith, Flying Squirrel, Zip Line, and a Challenge Course 35 feet in the air. Our Challenge Course features a cargo net, Burma Bridge, No-Name Bridge and Cake Walk and zip line.

The high ropes course is open for Family Camp weekends, and on some Parent/Child weekends. Because of the physical challenges you may encounter while completing the high ropes course, to participate, you must be at least 11 years old. For everyone's safety, please help us by following our high ropes course guidelines.

Campfire:

Campfire pits are located near the living villages of camp. Please feel free to utilize them for your enjoyment until quiet hours (10:00pm). Fires are only allowed in our campfire pits and no portable fire pits are permitted. Water must be present during usage and you are responsible for staying next to an active fire and completely putting the fire out. Staff will come around to villages at quiet hours to check campfires and villages.

Rain:

All of our programs run rain or shine! In the event of severe weather (lightning/high winds) program changes will be posted in the Swenson Lodge.



PARENT RESPONSIBILITIES AT YMCA CAMP CAMPBELL

Supervision of Children

Direct supervision of children is the responsibility of the parent(s) at all times, including all meals and programs. We hope that you discover a stronger relationship with your family during your time at camp. We have adventures designed for you and your family to experience together and encourage you to explore camp with one another!

Code of Conduct

All family members are required to behave in a responsible manner, and to respect the rights and dignity of others while at a YMCA Camp Campbell program. All family members must adhere to the code of conduct. Participating in a program gives implied consent.

Participants are encouraged to be responsible for their personal comfort and safety and to ask any person whose behavior threatens their comfort to refrain. If a participant feels uncomfortable in confronting the person directly, they should report the behavior to a YMCA staff person.

Any person who is acting outside a generally accepted standard of conduct could be subject to consequences including immediate removal from the program without refund.

Health Care at Camp

There is no medical staff on duty during Family Camp Programs. Parents are responsible for their family members' health and should bring over the counter medications and first aid supplies. Please inform staff of any emergencies. In the event of late night emergencies the director on duty's phone number will be available upon check in.

Payment and Refund Information

Fees are non-refundable and non-transferable. Payment in full is required at time of registration. We will refund program fees for cancellations made 30 days prior to the start of the session (less a cancellation fee) or in the event of illness or injury verified by a physician's statement.

Insurance

Parents/guardians are responsible for any medical costs incurred as a result of injury or illness while your family is at camp.

Licensing and Accreditation

Our camp is inspected annually by the Santa Cruz County Health Services Agency. Additionally, we are a member of the American Camp Association and undergo a thorough accreditation process in which we successfully meet nationally recognized standards of quality in the field of camping.





YMCA OF SILICON VALLEY
**Release and Waiver of Liability
 and Indemnity Agreement**

Camper's Name: Last

IN CONSIDERATION of being permitted to utilize the facilities, equipment, 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 participation by children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has reviewed, or immediately upon entering or participating will more thoughtfully review, and has carefully considered 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 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, OR UTILIZING ANY ON-LINE OR IN PERSON SERVICES OFFERED BY OR AFFILIATED WITH THE YMCA, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

1. THE UNDERSIGNED, ON HIS OR HER BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES, AND CONVENANTS NOT TO SUE the YMCA, its directors, officers, employees, and agents (hereinafter referred to as "Releasees") from 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 or such children, whether caused by the negligence of the Releasees 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 Releasees 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 the facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the Releasees 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 Releasees or otherwise while in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.
4. THE UNDERSIGNED HEREBY AGREES, by participating in the YMCA Nationwide Membership Program, to release the National Council of Young Men's Christian Associations of the United States of America, and its independent and self-governing member associations in the United States and Puerto Rico, from any and all claims of negligence for bodily injury or death in connection with the use of YMCA facilities, and from any liability for other claims, including loss of property, to the fullest extent of the law.
5. THE UNDERSIGNED HEREBY AGREES TO THE YMCA PRIVACY POLICY, which can be found at www.ymcasv.org/privacy

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.

X
 Signature of Applicant/Parent Date

Member #
 Print Name of Applicant/Parent

X
 Signature of Applicant/Parent Date

Print Name of Applicant/Parent

Print Name of Child in Program

First

Session

CLIMBING TOWER & HIGH ROPES CHALLENGE COURSE RELEASE OF LIABILITY & 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 & 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	_____ 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	_____
_____ Signature of Parent/Legal Guardian	_____ Date

CODE OF CONDUCT

At the Y, we are an inclusive organization that strives to create a nurturing, genuine and hopeful environment where all people feel welcome, comfortable, connected and secure.

WHAT WE WANT TO ACCOMPLISH

- Increase the experiences, opportunities and relationships that help youth thrive
- Teach the Y core values of caring, honesty, respect and responsibility in all programs
- Provide opportunities for youth to serve others
- Strengthen positive family communication and relationships
- Motivate, support and encourage habits of healthy living
- Encourage and enable adults to enrich their lives through service and giving that strengthens their community
- Develop and cultivate community collaborations for youth development and healthy living

Therefore, we have adopted the following Code of Conduct that applies to everyone in our facilities and participating in our programs.

INDIVIDUALS ARE EXPECTED TO:

- Uphold our core values of caring, honesty, respect and responsibility
- Follow facility usage and safety rules
- Maintain an atmosphere free of derogatory or unwelcome comments, conduct or actions
- Maintain an atmosphere free of negative behavior focused on another's sex, race, ethnicity, age, religion, disability, sexual orientation, or any other legally protected status
- Be respectful and cooperative with staff and fellow participants

THE FOLLOWING ARE NOT ACCEPTABLE IN OUR FACILITIES AND PROGRAMS:

- Abusive, harassing, intimidating or obscene language or gestures
- Threats of harm, physical aggression or violent acts
- Anything visible that conveys a message of hate, exclusion, intimidation, threat or violence
- Weapons of any kind
- Smoking
- Damage or defacing YMCA property
- Possession, sale, use, or being under the influence of alcohol or other controlled substances
- Offensive or unlawful conduct

Our first priority is to protect our participants, especially our children. Where participation is contrary to that value, we reserve the right to deny access to any person, including one who has been charged with or convicted of any crime involving violence or sexual abuse or who is required by law to register as a sex offender.

Failure to follow this code of conduct will result in immediate action, which may include eviction from the premises, loss of privileges, and suspension. The Y may contact security, police or other authorities for assistance or to take appropriate legal action.

If you experience or observe inappropriate conduct, we encourage you to promptly report your concerns to our staff. We will make every effort to ensure that reports are investigated and resolved promptly and effectively.

Printed Name

Signature

Date