



2018 PARENT HANDBOOK FOOTHILLS AREA YMCA

**2 LOCATIONS:
GIGNILLIAT-SENECA/
CONSERVATORY-WALHALLA**

WELCOME TO THE FOOTHILLS AREA FAMILY YMCA CAMP O.N.E.O.T!

We are looking forward to another fun and stimulating summer of camp under the leadership of our camp directors. We have a fresh, new line up full of excitement planned for the 2018 camp season!

WE HAVE 3 RULES AT CAMP O.N.E.O.T: **BE SAFE BE NEAT BE KIND**

Safety is our top priority – not only for our campers, but our staff and guests.

FACTS YOU SHOULD KNOW:

- ALL YMCA staff has CPR and First Aid certifications.
- ALL YMCA staff has had the SLED background check
- ALL staff attends one week of training prior to camp starting
- Camp hours are from 7:30 a.m. until 5:30 p.m. ~ *kindly remember we are a Day Camp not a Day Care. Attendance is a privilege.*
- Our counselors are responsible for groups of about 10 campers at a time.

!ATTENTION IMPORTANT DATES!

This summer we will be hosting **TAG AND TSHIRT** the week of May 21-25, 2018. **TAG AND TSHIRT** is set up as a drop in for parents and campers to come by to pick up their car tags and t-shirt for the camp season. This is also a time for your questions to be answered before camp begins. During this drop in time you will receive 1 t-shirt per child and 2 car tags per family with an assigned number for pick up. If you would like to purchase additional car tags, they are \$2.00 per tag. Please bring an identification card with you to receive your car tag.

May 21-25, 2018

Time: 9am-12pm or 1pm-5pm

Gignilliat Community Center

614 N. Townville St Seneca, SC

Items of Interest to YOU and YOUR camper



BREAKFAST, LUNCH & SNACKS

Breakfast and Lunch will be provided on days available through a feeding program. All students will be given the opportunity to take a meal but are not required to do so. Please check the weekly newsletter which will include menu items and days of non service. If your camper is not interested in the provided meal options please send a bag lunch for them to enjoy! Afternoon snack time is scheduled, each camper is encouraged to bring a snack for this time. We do NOT provide snacks for campers.

WATER BOTTLE!!!

All campers should bring a water bottle to camp each day (with their name on it!). Dehydration can be a serious problem with the summer heat and outdoor activities. Staff will make sure there are plenty of water breaks and time to refuel, so please do your part and send a water bottle. Children will be using lots of energy playing outside each day, so snacks and water are essential to staying healthy and happy.

CONCESSIONS AFTER SWIM TIME

Be sure to ask your camper if they would like to purchase refreshing snacks after their swim time. Items include ice pops, refreshing beverages and other assorted juices. Prices range from \$0.25 to \$1.00. Please do not send bills over \$5.00.

MEDICINE

If your child requires medicine we must have the original container listing the medication, prescription for the camper, dosage given and times of day to be administered. A medical release form must be signed as well (prior to attending camp). Medications must be left at the front office (a staff member will distribute when needed). If your camper needs to carry specific medications (inhalers, epi-pens) please let us know so that your camper's counselor is aware of your camper's special needs.

ALLERGIES

Inform us of any allergies your child may have (food, insects, etc.). Summer months bring out the BEES, and they can cause quite a buzz around camp. Also, inform us of any existing medical conditions we need to be aware of.

SUN, SWEAT, ETC.

Summer months can be hot, so send your camper with a bathing suit, WATER BOTTLE, sun screen, cool clothing, and the knowledge that drinking water (not just carrying it) is essential to staying happy and healthy. We will NOT be in the sun all day! We have plenty of shade trees, lots of activity time in covered areas and swim time. Campers at the YMCA stay safe and hydrated and enjoy the summer months in a traditional outdoor camp setting (we take plenty of water breaks).

INJURIES

Our staff is trained in CPR & basic first aid and has a support system readily available. First aid supplies are available in the office and at the other convenient locations for minor scrapes and injuries. For more serious injuries that require additional medical attention, parents or the emergency contact person will be notified to transport the camper, if needed. If necessary, EMS will be contacted for immediate response.

ILLNESS

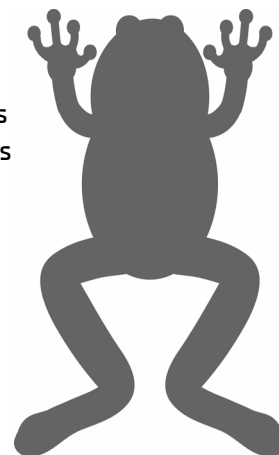
If your child is not feeling well, he/she will probably not have an enjoyable experience at camp. We ask that if your child is ill, please keep him/her home. If a child becomes sick while at camp, we will call a parent or emergency contact person and ask that the child be picked up.

GOALS

In upholding the mission of the YMCA, our goals in every aspect of the camp experience are:
To provide a **healthy, safe & fun** atmosphere for all summer adventures (campers and staff alike).

To challenge our campers & staff to grow and learn in spirit, mind and body.

To provide positive role models and foster positive relationships with family & community.



DROP OFF & PICK UP at CAMP O.N.E.O.T:

Drop off and pick up will take place at the Gignilliat Gym (Seneca) and the Conservatory (Walhalla). In order for any individual to pick up your child, you MUST have the assigned tag VISIBLE to the counselor or director at check out. NO CHILD WILL BE RELEASED WITHOUT A TAG. If you have lost your tag and need a replacement you must report to the camp director in the morning to purchase a new tag (\$2.00 per tag). Please do not park in areas that may impede the flow of traffic. If you would like to walk your child in, please park in a safe area that does not block the flow of traffic.

Each time you drop off or pick up, you will be asked to sign our "SIGN IN/OUT" sheet. Each camper/family is assigned a number (they will use this same number each week that they attend camp this summer) and their sign out for the week is located under that number. Please note that communication forms will also be located under your number so please be sure that you sign in and out each day and take all communication that is sent home. If you plan on picking up your camper earlier than 4:00, please call the YMCA Camp phone number and let the Director know.

All campers that are dropped off after 9:00 a.m. or picked up prior to 4:00 – must STILL be signed in/out on the clipboard!

Planned Activities:

This time period in the day will consist of small group games, all-camp games, sports, arts & crafts, nature awareness, water activities, special speakers, team building and many other fun-filled interactions between the campers and counselors.



DAILY SCHEDULE (SUBJECT TO CHANGE)

7:30 – 9:00 a.m. Drop Off/Supervised Play
9:15 – 10:00 a.m. Breakfast/Council Ring
10:00am – 11:00 a.m. Group Wide Activity
11:00 – 11:45 a.m. Choice Time & Outdoor Play
11:45 – 12:30 p.m. LUNCH
12:30 – 3:30 p.m. Swimming/Planned Activities
13:30 – 4:00 p.m. Closing Council Ring
4:00 – 5:30 p.m. Pick Up

Field trips, special outings or special programs will be scheduled throughout the summer. Your registration fee covers field trips this year! Trips can include, but are not limited to: state parks, educational tours, zoos, fruit farms, water parks & more. We require that your camper wear his or her 2018 Camp ONEOT T-shirt and arrive on time for these days. We will not wait for late campers. You will receive a newsletter, called the **ONEOT Observer** prior to each trip/event – **please read the newsletter carefully**, it will explain many things. Signing the Liability Release & Permission Statement is your "permission slip" signature for all field trips. Once you've read the **ONEOT Observer** and you still have questions, please call the Camp Directors for each site.

FAMILY NIGHTS AND CAMP OUTS

This summer, as in all the years past, we continue a long held O.N.E.O.T tradition of overnights! We will be hosting 2 Family Night/Camp Outs. Any camper in grades 1st – 10th grade campers (non-Kinder Campers) are welcomed to attend. Details about each night will be in your O.N.E.O.T Observer available at the beginning of each session. We highly encourage you and your family to get involved...building strong families is one of our goals. Walhalla campers will not have a camp out at the Walhalla location but are given an opportunity to participate at Gignilliat. Slips to sign up for these events will be given out the week of the event.

ALL CAMPERS NEED TO BE PICKED UP FROM DAY CAMP BY 5:30 p.m. ON FAMILY NIGHT THURSDAYS!!! STUDENTS DO NOT STAY AT CAMP UNTIL FAMILY NIGHT. YOU MUST LEAVE AND RETURN AT 7:00PM. FAMILY NIGHTS WILL BE HELD AT BOTH GIGNILLIAT AND WALHALLA LOCATIONS. OVERNIGHTERS WILL ONLY BE HELD AT GIGNILLIAT.

Mark your calendars for Family Nights & Camp Outs: June 28th and July 19th, 2018. Friday, August 3 will be our end of the summer Family Night Pool Party.

Our Family Night activities will begin at 7:00 p.m. and finish around 8:00pm after dinner, skits, songs & interactive games (compliments of your campers and each counselor). This is a wonderful opportunity to get a glimpse of what a day at Camp O.N.E.O.T is really like and take some of the memories home as a family. Family Nights may have an extra cost to help us cover the expense of the dinners. You are welcome to provide your own meal so as to limit your expenses.

Following Family Nights, campers are welcome to camp out at the YMCA Camp Gignilliat and join in a variety of special activities including the campfire fellowship, stories, songs, skits, games and more. In case of rain, the camp out will be moved to the Gignilliat Community Building. Boys and girls are separated for sleeping arrangements. All campers entering grades one through ten are invited to join the overnights.

IF YOUR CAMPER NEEDS TO ATTEND O.N.E.O.T ON THE FRIDAYS FOLLOWING THE CAMP OUTS – YOUR CAMPER MAY NOT STAY THE NIGHT AT THE OVERNIGHTER. This is to ensure a safe number of counselors attending both the Overnighter AND camp on Friday. We will ask to know by Wednesday if your camper will spend the night or attend on Friday.

Campers that stay Thursday night for our Overnighter experience will need to be picked up Friday morning by 7:30 a.m. Please make sure you sign your camper IN and OUT for the overnighter. Kinder Campers do not stay for the Overnighter, but are encouraged to attend Family Night. They work on a skit or song throughout the week to present during this time.

TO SEND TO CAMP O.N.E.O.T ... AND WHAT NOT TO SEND



Items to SEND TO camp:

- **LUNCH**
(if no meal is provided that day or if camper does not want provided item)
- **Water bottle!!!!**
- **Plastic bag for wet clothes**
- **Afternoon snack**
- **Sunscreen** with camper's name/initials
- **Back pack/bag** clearly marked with child's name to keep all belongings

SWIMMING NEEDS:

- Swim suit, towel & shoes (flip flops, water shoes, etc.)
- Life vest (if preferred over supplied vest)
- Concessions change

TO SEND to the OVERNIGHTER:

Water bottle
Sleeping bag & pillow
Change of clothes, toiletries (hair & tooth brush)
Tent and tent stakes
Snacks (optional)

Items NOT TO SEND to camp:

- Trading cards
- iPods
- Items your camper is not willing to share
- T-shirts with inappropriate slogans
- Electronic devices (DO NOT send CELL PHONES)

THE STAFF HAS WIRELESS COMMUNICATION DEVICES THAT ARE UTILIZED AROUND CAMP. WE ASK THAT YOU AS PARENTS HELP US BY NOT ALLOWING YOUR CAMPER TO BRING A CELL PHONE TO CAMP. ITEMS YOU DON'T WANT TO END UP IN THE LOST & FOUND SHOULD BE KEPT AT HOME. ITEMS BROUGHT IN FROM THE DO NOT SEND LIST WILL BE HELD IN THE OFFICE AND MUST BE PICKED UP BY A PARENT/GUARDIAN.

Recommended to wear:

Comfy, non-restrictive clothing (clothes may get dirty and wet)

Tennis shoes that tie or Velcro
NO OPEN TOE/HEEL SHOES AT CAMP.

Sunscreen (apply as well as send)
Camp shirt on field trip days
Label ALL camper belongings!!!

2018 INFORMATION

DATES: June 4th – August 10th *

AGES:

Kinder Camp: Rising K4 & K5 graders
O.N.E.O.T Camper: Rising 1st – 7th graders
Leaders in Training: Rising 8th – 10th graders

WHEN: Monday – Friday 7:30am - 5:30pm

DROP OFF: 7:30 - 9:00am

PICK UP: 4:00 - 5:30pm

WHERE: Gignilliat– 621 N. Townville St. Seneca SC
Conservatory–201 N. College St. Walhalla, SC

PAYMENT:

Registration Fee– \$50 per camper/\$75 per family

Weekly Deposit– A \$20 weekly deposit is required at registration to reserve each camper's weekly spot. This fee is non refundable and will be applied toward that week's payment.

Weekly Payments–The remaining weekly balance is due the Monday **prior** to the week attending.

Each site accepts CHECK, CASH or you may pay online at-
<http://www.foothillsymca.net/payforprograms>

Late Fees– Payments received after the due date (the Monday before your child attends) will be charged an additional \$15 fee per camper account.

If account balance has not been paid by 12 noon on Thursday, please contact Camp Director to ensure that your child still has a spot before making a payment.

Registration fees and deposits are non refundable.

***No weekly fees are prorated due to non attendance. No drop in rates are authorized for camp.**

Tax Letters can be requested after January 10th via email. Please send requests to asc@y4all.org.

Summer Weekly Schedule

Week	Date	Theme	Activities
1	June 4-8	We Are Family	Children's Museum
2	June 11-15	Wacky & Wonderful	TBD
3	June 18-22	Animal Planet	Greenville Zoo
4	June 25-29	Mad Scientist	Camp Out
5	July 2-6	Fun & Fitness	O.N.E.O.T Olympics
6	July 9-13	Under The Sea	Discovery Island Water
7	July 16-20	Survivor	Camp Out
8	July 23-27	Party In The USA	TBD
9	July 30-Aug. 3	To The Extreme	Pool Party
10	Aug. 6-10	Camp Rewind	TBD

YMCA Mini Bus & School Bus Rules

Seat belts must be worn properly at all times.
NO open food or drinks on the bus.
Quiet talking is permitted.
Campers stay seated until counselors give OK to exit.
No climbing on or over the bus seats

YMCA authorized vehicles with staff driving will provide transportation to and from the camp site to pool locations as well as mini field trips. Please see Observer for mini field trip schedules. Our drivers must be at least 21 years old, have a CDL and have a safe driving record. Our staff also undergo pre-camp training specific to the vehicle they will be operating...our YMCA Buses.
There may be occasions that we will work to utilize Activity Buses that the public school systems use. This allows for more campers to be included on each field trip.

YMCA MISSION:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

SWIMMING INFORMATION FOR CAMP O.N.E.O.T

SAFETY STRATEGIES: SWIM LOCATIONS:

Gignilliat Campers will swim at South Cove County Park and/or the Walhalla City Pool. All campers are required to wear a life jacket at all times when in the lake. Life jackets are provided by the FOOT-HILLS AREA YMCA at the camp site. Parents are welcome to send life vest with their camper. Please note we will not allow swimmies or any inflatable life vests.

Walcampers will swim at the Walhalla City Pool again this summer. Life jackets are not required for the pool swim times but is strongly encouraged. Some vests will be available per request.

BUDDY CHECKS: Each camper selects a buddy or two (3 total max) that will remain with them in their colored area for swimming. Lifeguards know exactly how many pairs and triads of campers are in each section to help expedite head counts. Buddy Checks (whistle blowing) take place every 5-7 minutes...when this happens, all campers find their buddies, grab and hold their hands high in the air (allowing counselors & lifeguards to

count). Buddies CANNOT change swim sections. This system allows for accountability by three independent parties: 1) lifeguards 2) counselors & 3) buddies.



WEATHER: If we hear thunder, all swimming & water-front activities are postponed for 30 minutes. Counselors help campers apply sunscreen each day at the waterfront (spray screens are APPRECIATED. Imagine coating 10 squirming bodies with sunscreen—it can take a long time and is quite challenging).

Parents are welcome to send float devices with their camper to be worn during swim time. Please TALK WITH YOUR CAMPER about your desire for them to wear this safety device. AND—as always—please write your camper's name or initials on all items sent to camp.

CHILD SAFETY AT THE YMCA



**ALL OF THE
YMCA SUMMER
CAMP STAFF
ARE TRAINED
IN A CHILD
ABUSE RISK
MANAGEMENT
PROGRAM.**

The FOOTHILLS AREA YMCA is committed to protecting every child in our care from child abuse. We are being Stewards of Children through Praesidium and the Darkness to Light child abuse prevention programs.

Research shows that one in four girls and one in six boys are sexually abused before the age of 18. In the U.S. alone, it is estimated that 40 million Americans are victims of child sexual abuse.

Our goal is to have 100% of our child care staff attend a child abuse prevention training workshop and gain a deeper understanding and awareness. All YMCAs within the state of South Carolina have made a pledge to work diligently to prevent, recognize and react responsibly to the reality of the sexual abuse of children. We are very proud of this and look forward to keeping your camper safe!

HEALTHY EATING & PHYSICAL ACTIVITY H.E.P.A. AT CAMP O.N.E.O.T

In response to a call by former First Lady Michelle Obama and the Partnership for a Healthier America (PHA), the National Y has committed to adopting new standards for nutrition and physical activity for the more than 700,000 kids in our early childhood, afterschool & summer camp programs.

The standards are:

- Establish a minimum of expected physical activity for children of different ages enrolled in our programs;
- Define food and beverage offerings, including designating water as the primary beverage during snack times and offering fruits and vegetables as snack options;
- Limit the amount of screen time (watching TV, playing video games, cell phones, using computers);
- Commit Y's to conducting parent education to encourage healthy behaviors at home.



PARENTS: We ask that you help us meet these goals by sending healthy snacks, lunches, and low-sugar drinks with your camper each day. We will do our best to provide healthy snacks as well (including fruits as much as possible).

BEHAVIOR MANAGEMENT at CAMP O.N.E.O.T:

1st Offense: Verbal warning and discussion of what rule was broken (unless offense is one that causes physical damage to another person or property), at which time the staff may use their judgment to skip ahead to another form of consequence.

2nd Offense: Time out (from activity or swim time)

3rd Offense: Time out (from activity or swim time)

4th Offense: Time out and chat with parents
Options discussed with parents as long as they fit into our overall philosophy.

Suspension: Child does not attend with number of days set by Child Care Director.

Expulsion: Last resort or if child is involved in violent incidents or incidents which affect the health or safety of others.

YMCA youth programs use the 5 character traits of faith, respect, responsibility, caring, and honesty in our discipline program. The programs will use redirection, explaining of expected behaviors, example, and changing environments to mold behaviors. The YMCA will not deny rest or food to children as consequences nor use corporal punishment in its programs.

The YMCA reserves the right to terminate from any program a participant who does not respond to the youth program discipline policy measures. At any time the YMCA may dismiss a participant for violent behavior toward staff or other participants without a prior written warning. The YMCA hierarchy of consequences for not following program rules are listed in the column on the left.

