



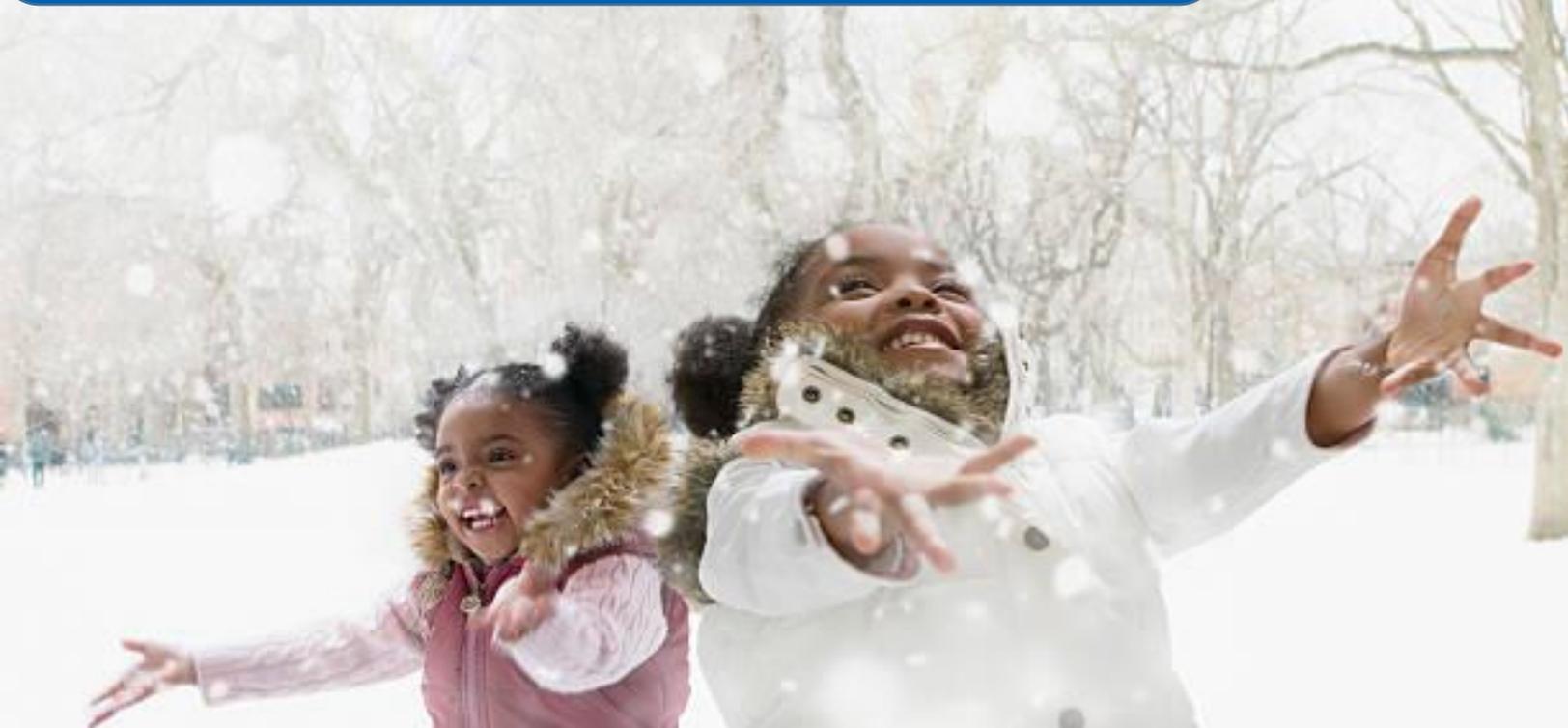
## **2018 Winter Camp Parent Handbook**

6981 W. County Road 650 N. St. Paul, IN 47272

[flatrockymca.org](http://flatrockymca.org) 765-525-6730

# WELCOME

Camp is all about belonging



Thank you for choosing the Flat Rock River YMCA Camp. We work hard to ensure your child's experience will be a memory that lasts a lifetime. Please take the time to read through the information on the following pages. We look forward to sharing an incredible experience with your family.

## DIRECTIONS TO CAMP

### GPS LINK

We are located off of I-74 East just 45 minutes southeast of Indianapolis and 70 miles west of Cincinnati between Shelbyville and Greensburg.

**From Indianapolis:** Take I-74 East and exit at the Middletown/St. Paul exit (#123). Follow the signs: Turn left onto Michigan Road/421 and travel for about 1.5 miles to the first road (650 W) and turn right. Turn right again onto 650 N. Continue around the dairy farm and the camp entrance will be on your left.

**From Cincinnati:** Take I-74 West and exit at the Middletown/St. Paul exit (#123). Turn right and go across the overpass to the four-way stop.

Follow the directions listed above

# BEFORE YOU CHECK-IN

## Camp Fees Paid

Your \$100 deposit has been applied to your child's camp session. If you still have a balance due please be sure to pay online prior to the start of camp. It will speed up your check-in process.

## Cabin Requests

Cabin requests will be honored during Winter Camp. Please get those in prior to the start of Winter Camp. You may submit those when you register or by calling our office 765-525-6730.

## Trading Post

Spending money must be deposited into your camper's Trading Post store account upon arrival. We recommended, on average, \$20-\$40. A camper's Trading Post order is made each morning.

Unspent money may be donated to our campership fund. The Annual Campaign brings and keeps campers at Flat Rock who could not otherwise afford the program.

## Specific Needs

For us to better serve your child with specific emotional or physical needs, please fully describe any unique requirements of your camper on the online Camper Health Form and contact [Brian Keyes](#) prior to attending camp. Though we are not a special needs camp, we will do our best to help all campers have a positive and successful experience. Where possible, the Flat Rock River Camp is accessible to campers with physical limitations. Please contact us with any questions.

We also accommodate many types of dietary needs. Please e-mail Kim Redmon [kredmon@indymca.org](mailto:kredmon@indymca.org) or call our office at 765-525-6730 to inform us of any special dietary needs prior to camp.

## Transportation

Transportation to and from camp is the parent's responsibility. This includes transportation for those leaving camp due to illness, injury, or discipline reasons.



# WINTER CAMP PACKING LIST

Clothing	Personal Hygiene/Bedding	Other Items
Sweatshirts Jeans or long pants Long sleeved shirts Extra Socks Sleepwear Gloves and Hat Warm Coat Athletic shoes Boots Items for play in the snow and use on the ski/tubing trip	Sleeping bag or twin sized sheets blanket and Pillow Bath Towels / Wash cloth Toothbrush/toothpaste Deodorant Shampoo and Conditioner Hair products Soap Shower Shoes Carrying case or Shower caddy	Flashlight/batteries White shirt for tie-dye Camp Journal Books & Magazines Postcards/paper stamps/pen Playing card Games

## Optional Items

Campers can bring their own ski/snowboarding equipment. This will NOT reduce the cost of camp and any equipment brought is the camper's responsibility



## THINGS TO LEAVE HOME

Flat Rock River YMCA Camps strives to provide a program free from cell phones, video games, audio players, Ipods, and other electronic devices. Please do not permit your child to bring any of these items to camp as they will be busy throughout the camp day and these items tend to get lost or misplaced when brought to camp.

# CHECK – IN / CHECK OUT

## CHECK-IN

Check-in is between 2:00 and 3:00 pm on Sunday, December 30th. This includes the Mini Camp Session. Starting at 1:30pm, a cookout lunch will be served, there is a suggested donation of \$5. All cookout proceeds go to our Annual Campaign to provide assistance to families in need. Checkout does NOT begin until 2PM. Your camper's cabin assignment will be given at Check-In.

### Medication

All medications, including over the counter, must be turned in during check-in at the Lodge and dispensed by the medical staff as required by Indiana law. Please do not pack any medications, aspirin, vitamins, etc. in the camper's suitcase. Campers are not be allowed to have any medication in their cabins. All medication brought into camp must be in the original bottle which includes camper's name, dosage, and time of dose on the over-the-counter packages.

We stock most over-the-counter medications needed at camp, so it is not necessary that you bring these items. You may call us anytime if you would like to know if we stock a particular item.

Children who require an Epi-pen or inhaler to be with them at all times must carry it in their right front pocket so that it is readily available in an emergency situation. If your child has a back-up Epi-pen or inhaler we ask that you also bring it so that we can have a back-up in the infirmary.

## CHECK-OUT

Check-out will be between 9:00 and 10:00 am on Saturday, January 5th. Mini Camp check-out is on Wednesday, January 2nd at 9am. There will be an option for Mini Campers to stay the whole week. The staff will notify families of Mini campers by Tuesday at 3pm. In order to pick up a camper, the name and photo ID of the person must be on the camper's "Pick-Up Authorization" form. Otherwise our staff WILL NOT release the camper.

You can pick up your camper's medication at the Alumni Lodge during Check-out.



# WHILE AT FLAT ROCK

## Mail

Campers love to receive mail! Mail can take 2 business days to arrive. In order to ensure that your camper will receive mail from home, please address it as follows:

CAMPER'S NAME  
Cabin (e.g. Iroquois)  
Flat Rock River YMCA Camp  
6981 W. Cty Rd. 650 N.  
St. Paul, IN 47272

Be sure to include a return address. Do not be alarmed if any letters sent to you are brief or irregular. Campers who are having fun at camp typically don't write letters so "no news is good news."

## E-Mail

Campers will not have computer access but they can receive printed e-mails. E-mails sent after 1:00pm are printed the following day. There are two ways to e-mail:

1. E-mail directly from our [Daily Update](#) webpage.  
Click on [Contact Your Camper](#)
2. Send e-mail to [flatrockcampers@indymca.org](mailto:flatrockcampers@indymca.org)  
Include in the SUBJECT LINE: Cabin (e.g. Iroquois ) "FULL Name"

## Spiritual Emphasis

We welcome campers of all faiths in our camp. We make room for campers to explore their own spirituality through songs, skits, and stories at chapel, campfires, and graces at meals. Evening Devotions can provide a setting for campers, if they would like, to discuss spiritual and other matters in an accepting environment.

## Community Living

Personal responsibility and group cooperation are important elements of the camp experience. Mature, caring staff members work with campers on the importance of caring for one's personal space and belongings, assisting in daily cabin clean up, and pitching in with shared responsibilities around camp. We strive to impart caring, honesty, respect, and responsibility in our camp community so it may carry over in our lives outside camp.



## Frequently Asked Questions

### What does Flat Rock do if my child has an emergency?

Flat Rock River YMCA Camp has a nurse on staff and a pediatrician on call. Our Nurse and Medical Staff will treat routine scrapes, cuts, and minor illnesses. In the event of a serious illness or injury we will contact you directly. We utilize Major Hospital in Shelbyville in the event of an emergency. We do not carry accident or sickness insurance on our campers. The health insurance information you provide on your campers Health History form will only be used to facilitate outside medical treatment, if required. Parents and or guardians are responsible for charges and prescriptions incurred for off-site medical treatment. Services provided by our camp Medical Staff are free.

### What should my camper do if he/she gets ill at camp?

We will only keep sick campers in our infirmary for 24 hours. Therefore, we ask parents of campers who are ill for more than this time period to care for their child at home. The parent is responsible for transportation of campers returning home or back to camp due to illness. A child who is sick before camp begins should stay home for their own sake and for the health of our camp community until they are healthy enough to fully participate in activities.

We will credit or refund pro-rated camp fees for any child who becomes sick and returns home for medical reasons.

### What happens if my child wets the bed at camp?

Our staff is trained to discreetly deal with bed-wetting. They will also work with your child to help prevent future occurrences. We have a laundry facility on site to immediately take care of any soiled clothing or bedding.

Please notify the counselor at check-in if you suspect your camper is a bed wetter. Please talk with your child about asking their counselor for help if you feel like an accident is likely to occur. Every effort will be made to prevent accidents. Please pack a mattress cover and extra sheets if you think they may be needed.

Campers who pack pull-ups for night time are not different. They are prepared!

### My child takes Medications, how does camp handle this?

All medications, including over-the-counter medication, must be turned in during check-in at the Lodge. Medication will be dispensed by the Medical Staff as required by Indiana Law.

Please do not pack any medications in your child's suitcase!

All medication brought into camp must be in the ORIGINAL BOTTLE which includes camper's name, dosage and time of the dose. Over-the-counter medicine must be in the original package.

We stock most over-the-counter medication so you should not need to pack any. If you have questions on any particular medications, please contact our office.

Children who require an Epi-pen or inhaler to be with them at all times must carry it in their right front pocket so that it is readily available in an emergency situation. If your child has a back-up Epi-pen or inhaler we ask that you also bring it so that we can have a back-up in the infirmary. All camper medications can be picked up from the Lodge during check-out.

## How does Flat Rock handle behavior issues?

**Discipline:** Flat Rock has two general misbehavior types.

**Type 1:** Behavior is minor but disruptive and inappropriate. This include, but is not limited to: profanity, tardiness and uncooperative behavior. Campers who engage in such behavior will be asked to sit out of an activity. Later, they are asked to explain the situation back to the staff member. Further problems may result in written documentation with logical consequences.

Escalating behavior may result in a meeting with the Program Director or Executive Director. Parents may be contacted to discuss behavior or special circumstances.

**Type 2:** Behavior would include, but is not limited to damage or theft of property, assault, verbal abuse, possessing weapons, tobacco, alcohol, illegal drugs, sexual misconduct and repeated Type

1 actions. Such behavior will be documented and dealt with immediately and may result in dismissal from camp. No Refunds Will Be Issued. Parents will be responsible for any transportation required to pick-up the camper.

**Property and Equipment Damage:** Parents are financially responsible for intentional damage to equipment or facilities caused by their child, including removal of graffiti.

## What if my camper loses something at camp?

Items found during the camp week will be on display outside the Lodge adjacent to the office. Please check the lodge wall before you leave camp. If you discover that something is missing upon your return home, please contact camp immediately. Arrangements can be made for lost items. Items not claimed within two weeks will be donated to the local shelter. Flat Rock is not responsible for lost, stolen or damaged items.

## How can we thank our camper's counselors?

We ask our staff not to accept tips. Please show your appreciation by putting the balance of your campers Trading Post account towards our Annual Campaign and help us provide an amazing camp experience for more kids at Flat Rock.

## How can our camper contact their counselors throughout the year?

YMCA of the USA has a policy that does not allow camper and counselor contact outside of camp. Campers may write letters to their counselors, and send them to Flat Rock's address. Flat Rock also maintains a Facebook page where campers and counselors can communicate.

## What shouldn't my campers bring to camp?

- Cell Phones
- Laptops
- Ipads/Ipods/tablets/e-readers/Handheld gaming device
- Jewelry
- Fireworks
- Weapons
- Pets/animals
- Money





### More Camp Questions & Concerns

We welcome all questions if you find that you have more questions or concerns regarding Flat Rock River YMCA Camp you may contact our Senior Program Director [Genevieve Sullivan](#).

# Best. Camp. Ever.

