



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXPLORE OUTDOORS

**OUTDOOR EDUCATION &
LEADERSHIP DEVELOPMENT**
Planning Guide – YMCA CAMP SURF

WELCOME TO YMCA CAMP SURF!

The staff at YMCA Camp Surf are excited that you and your students will be joining us to share an outdoor education experience on the coast. This planning guide contains everything you need to know to make your trip a fun and memorable experience for everyone. Please read through the information carefully, and don't hesitate to call or email us with questions.

There have been exciting changes at YMCA Camp Surf, and even if you are one of our "veteran" schools, please review the procedures outlined in the planning guide, as several have recently changed. As Covid-19 regulations are constantly changing, we will be in communication with you closer to arrival with our most updated policies. We look forward to seeing you at camp, and on behalf of the YMCA Camp Surf staff, I welcome you!

Payton Schoonmaker, Program Director

Bolling Keogh, Program Coordinator

YMCA Camp Surf

560 Silver Strand Blvd.

Imperial Beach, CA 91932

P 619.423.5850

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www.ymcasd/camps.org



YOUR ROLE AS THE LEAD TEACHER

You have stepped into a very important and meaningful role by taking the lead in organizing your school's adventure. We look forward to working with you to make this an incredible life-changing outdoor experience for you and your students.

THE CHECKLIST

You have a lot to remember and plan for as the Lead Teacher. Below is a checklist we suggest you utilize to ensure you've covered all the bases before arrival. If something is left unchecked, you may not be completely prepared for your YMCA Camp Surf experience.

Within 30 days of reserving trip

- Sign and initial Reservation Agreement and return with required deposit
- Obtain Liability Insurance Rider from your school's insurance provider
- Recruit & screen adult supervision for your group (at least 1 adult to 8 minors required)
- Arrange your own transportation to Camp Surf

One month before coming to camp

- Confirm chaperones and distribute Chaperone Guide (pgs. 15-16)
- Email or fax in your Outdoor Education Goals Questionnaire
- Designate a first-aid provider in your chaperone group and make sure they bring supplies.
- Plan students' cabin and activity groupings

Two weeks before heading out

- Contact YMCA Camp Surf with a roster (official form on pg. 17-18) and inform us of the final headcount along with any dietary restrictions or food allergies within your group.
- Ensure Liability Insurance Rider has been mailed or faxed to YMCA Camp Surf
- Discuss goals and expectations with students
- Plan for the balance of fees to be paid upon arrival
- Distribute student and adult waivers to be signed and returned (copy of waivers of pg. 21-22)

Before leaving school

- Remember the driving directions and phone number to camp
(please call us 10 minutes before arrival or when you exit the freeway at Palm Ave.)
- Bring a roster as well as emergency contact information for all students and any medications with a well stocked first aid kit.
- Don't forget the check or credit card to pay your balance upon arrival at the office

THE BIG THREE

REQUIREMENTS

Listed below are the three requirements all schools **MUST HAVE** in order to stay at YMCA Camp Surf. Look over these requirements carefully. If you have any questions, please call or email us for more information.

1. Liability Insurance Rider

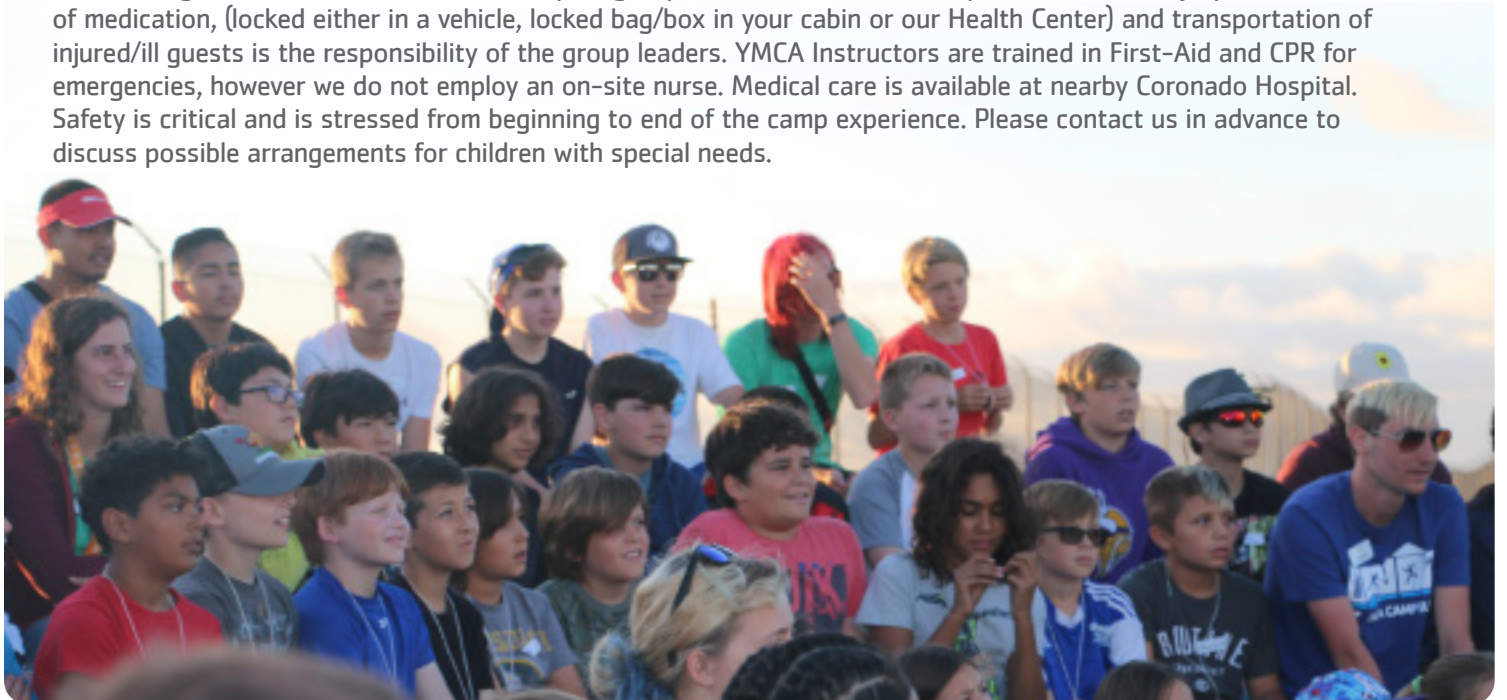
- Each school that comes to camp is required to have a policy of comprehensive public liability insurance in the amount of one million dollars, insuring the school and YMCA of San Diego County against any liability arising during the school's stay.
- The insurance rider must indicate the exact dates the group will be at YMCA Camp Surf or be a blanket policy for one year.
- The insurance rider must name the YMCA of San Diego County as the certified holder.
- The insurance rider must be mailed or faxed at least two weeks prior to arrival at YMCA Camp Surf. Schools **WILL NOT** be allowed to stay at camp without it.

2. Signed User Agreement & 50% Deposit

- Once you have confirmed the dates and number of students & chaperones for your reservation, you will be sent a User Agreement to sign.
- The User Agreement must be signed and returned along with the 50% deposit by the due date listed.
- Your reservation is not finalized until the signed User Agreement, insurance, and deposit has been returned to YMCA Camp Surf. The reservation will be cancelled if this is not completed by the due date.
- Deposits are non-refundable and changes to the agreement (participant numbers, dates, etc.) must be made with the approval of the YMCA Camp Surf Program Director at least 3 months prior to your arrival.

3. Adult Supervision, Chaperones, & Health Care

- YMCA Instructors staff the activities, while teachers and chaperones are responsible for proper supervision at all times, day and night.
- The school is responsible for pre-screening all adult chaperones for their group.
- YMCA Camp Surf requires 1 adult chaperone for every 8 participants under age 18.
- Each group is responsible for providing their own first-aid kits, medications, and supplies. YMCA Camp Surf **DOES NOT** provide first-aid supplies.
- Each group should have at least one adult chaperone, on-site, who is certified in First-Aid and CPR, and who will be the designated Health Care Provider for your group. Sudden illness, medical problems, minor injury, distribution of medication, (locked either in a vehicle, locked bag/box in your cabin or our Health Center) and transportation of injured/ill guests is the responsibility of the group leaders. YMCA Instructors are trained in First-Aid and CPR for emergencies, however we do not employ an on-site nurse. Medical care is available at nearby Coronado Hospital. Safety is critical and is stressed from beginning to end of the camp experience. Please contact us in advance to discuss possible arrangements for children with special needs.



ALL ABOUT US

Imagine a YMCA youth camp located along one and a half miles of Southern California beach. Just south of Coronado in the city of Imperial Beach, YMCA Camp Surf boasts 45 acres of coastal land devoted to habitat preservation, education, recreation, and the opportunity for all who come to experience the outdoors in a coastal marine environment.

Our unique setting offers students the first-hand opportunity to experience the interrelationships between ocean, tides, land, and both aquatic and terrestrial life.

OUR PHILOSOPHY

Outdoor experiences reinforce classroom learning and provide students with a solid foundation to develop the knowledge, skills, and awareness needed to make informed decisions that affect our environment. CARING, HONESTY, RESPECT, and RESPONSIBILITY towards each other and all living things are an integral part of what we do everyday.

SCIENCE CONTENT STANDARDS

The objectives for outdoor education classes at YMCA Camp Surf are aligned to both the Next Generation Science Standards (NGSS) and Common Core State Content Standards (available on our website). Activities emphasize the development of student perceptions, sensitivities, and awareness of the natural environment. They are designed to build a basic understanding of ecological principles and the relationship between individuals and the rest of the natural world.

IMPORTANCE OF OUTDOOR EXPERIENCES TO EDUCATION

Current research indicates connections with the natural world increase children's ability to learn and improve health and social behavior¹. Meaningful outdoor experiences are a powerful tool for lifelong impact and learning. Recent studies show the average youth spends more than seven hours in front of an electronic screen² and only seven minutes outside daily³. For some, this may be their first opportunity to touch tide-pool animals, swim in the ocean, or walk on the beach. These can be experiences that last a lifetime and offer tremendous impact for your students and classroom.

CURRICULUM

We make it easy for you to choose the classes and we do all the teaching. Our natural environment provides an ideal setting for students to practice investigation skills and allows for discoveries and discussion opportunities. The process of science comes naturally as students interpret their surroundings and our thematic instruction helps to bring concepts together.

1 "Children & Nature Worldwide: An Exploration of Children's Experiences of the Outdoors and Nature with Associated Risks and Benefits," (2012) Children & Nature Network and IUCN's Commission on Education and Communication. Retrieved from <http://www.childrenandnature.org/documents/C118/>

2 Juster, F. Thomas et al. (2004) "Changing Times of American Youth: 1981-2003," Institute for Social Research, University of Michigan. Retrieved from http://www.umich.edu/news/Releases/2004/Nov04/teen_time_report.pdf

3 Rideout, Victoria et al. (2010) "Generation M: Media in the Lives of 8-18 Year-Olds," The Henry J. Kaiser Family Foundation. Retrieved from <http://kff.org/other/event/generation-m2-media-in-the-lives-of/>



ENVIRONMENTAL STEWARDSHIP

YMCA Camp Surf's focus goes beyond caring for the environment and each other. iCARE provides a framework to build knowledge, understand scientific concepts, and empower students to make informed decisions regarding our natural world.

Sustainable Practices

The iCARE Environmental Stewardship Plan outlines all of our current practices and goals towards sustainability. This plan involves all camp departments including food service, administration, facility, and program. Practices you will see during your visit include:

- Composting food waste
- Solar panels powering one of our villages
- Disposables are not used in food service...ever!
- Energy efficient light bulbs, timers, and more!
- Landscaping with natives to conserve water

OUR STAFF

We are especially proud of our program instructors. They are adults with backgrounds in education or recreation who show a strong commitment to working with children. All staff undergo extensive screening, including reference checks, interviews, and a national criminal background check before they are eligible for hire. We recruit staff from throughout the United States and internationally. Staff are trained to help children realize their fullest potential in a positive, experiential manner through a comprehensive training program.

Lifeguard Service

At our beach, safety is the top priority. If requested as an activity our waterfront will be opened for beach recreation time. This is the only opportunity for students to get wet in the ocean. For safety reasons we do not permit guests in the ocean unless lifeguards are on duty. All schools must attend a Waterfront Orientation prior to entering the ocean. Our YMCA Camp Surf lifeguard team is trained and certified under the United States Lifesaving Association (USLA), the same standards our state and local agencies follow. In addition, all lifeguards are trained as First Responders.

Health Care

YMCA Camp Surf staff are well trained in first-aid and CPR. However, the school/group has the primary responsibility to provide health care for students including first aid and dispensing of all medication. As we are in close proximity to nearby hospitals and urgent cares, we do not have an onsite nurse. Please come prepared with over-the-counter medication and a first-aid kit to care for your students. (Locked either in a vehicle, locked bag/box in your cabin or our Health Center)

Meet Our Staff

You can get to know our full-time staff by visiting our website at ymcasd.org and looking at the Meet Our Staff section

I-CARE

Interrelationships
plants and animals live in communities that meet their special needs, biodiversity is key to the "web of life".

Cycles - the building materials of life (carbon, nitrogen, water, soil, etc.) are used and renewed over and over again.

Awareness - leads to appreciation, which leads to action. We care about what we understand, and knowledge allows us to make informed decisions which can positively affect our family, our community, and our nation.

Resources - the decisions we make every day have everlasting consequences.
Energy - the sun is the ultimate source of energy for all living things.



FACILITIES

YMCA Camp Surf offer campers the chance to experience surf, sand, and sun. Each day, the salty ocean breeze blows the sand into new patterns outside your cabin. In the evening, you'll fall asleep to the pulse of the pounding surf. You'll also share meals in our brand new dining facility, McKinney Hall, with a million dollar view of the Pacific Ocean, Point Loma, and the Coronado Islands.

Housing – Traditional cabins which sleep up to 16 people and platform tents which sleep up to 12 are clustered around each of our bathroom and shower facilities. Waterman Village utilizes solar power and is completely off the grid boasting open-air cabins and platform tents which sleep 12 each.

Program Areas – Our wetland trails, beach, rock jetty, sand dunes, climbing tower, bouldering wall, crafts, and compost demonstration areas are all used by students in a variety of programs throughout the year!

Accreditation – YMCA Camp Surf is accredited by the American Camp Association. We have been serving youth and families since 1969!

MEALS & FOOD

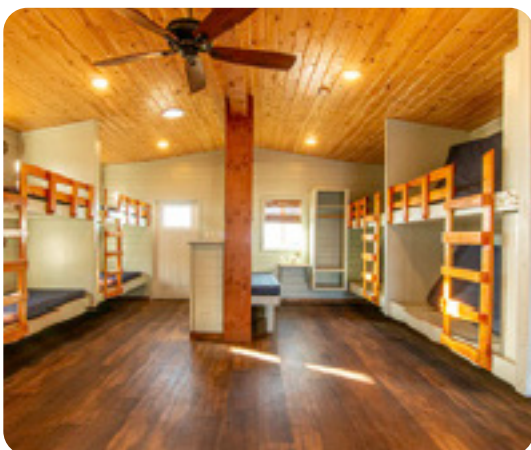
Meals are served family and buffet style at our indoor/outdoor dining facility. Enjoy a fruit and cereal bar at breakfast and a salad bar at lunch and dinner to supplement a tasty main course. Vegetarian and other options are available by request so please inform us of any dietary restrictions your group may have at least 2-weeks before arrival. Meals begin with lunch on the day of arrival all the way through lunch on departure day. Students have plenty to eat, and refills are always available. We ask that you do not bring any food to camp since it attracts animals and insects into your cabins and possibly into your luggage!

ACTIVITY SCHEDULING

The number of classes offered depends on your length of stay at camp. Please let us know which classes you prefer, by filling out the OE Goals Questionnaire. If you do not contact us with class choices one week prior to arrival, we will create your schedule based on our most popular classes. If you are sharing camp with other schools, your choices will be considered with those of the other schools to determine which classes are offered. Please be aware that activities may be modified or completely changed in inclement weather.

OUTDOOR EDUCATION CLASSES

- Beach Bound
- Kelp Connections
- Jetty Rocks!
- CSI (Critter Skull Investigations)
- Hop into Habitats
- Marshes aren't Mellow
- Estuary Exploration
- Simply Solar
- Orienteering
- Sea Survival
- Groovin' in the Garden



SAMPLE 3-DAY SCHEDULE

Day 1

- 11:00 Arrive at camp
- 11:30 Orientation at Pirates Cove
- 12:00 Move into cabins
- 12:30 Lunch
- 1:15 Recess
- 2:00 Group Games
- 3:30 Beach Bound
- 5:30 Dinner
- 7:00 Campfire & S'Mores
- 9:00 Camp quiet hours begin

Day 2

- 7:45 Breakfast
- 9:00 CSI
- 10:30 Jetty Rocks
- 12:30 Lunch
- 1:15 Recess
- 2:00 Beach Time!
- 3:30 Hop into Habitats
- 5:30 Dinner
- 7:00 Skit Night
- 9:00 Camp quiet hours begin

Day 3

- 7:15 Cabin clean-up with staff
- 7:45 Breakfast
- 9:00 Estuary
- 10:30 Estuary continued
- 12:30 Lunch
- 1:30 Say goodbye and load buses

LEADERSHIP DEVELOPMENT

YMCA Camp Surf's Leadership Development Program is designed for peer counseling, student government, sport teams, service clubs, or any other group with a desire to build unity and accept the challenge of developing as individuals and as part of a team. Students build trust, effective communication and confidence by collaborating through fun and challenging experiences in a safe environment.

Our classes can be combined with your training or we can do it all! All groups begin with a series of non-traditional games and icebreakers to set the stage for the rest of the program. From there challenges are introduced to develop communication.

Teambuilding - A series of fun classes (up to 3 class periods) designed to build group cooperation, communication, and trust. Advanced teambuilding is ideal for middle and high school students.

Climbing Tower - Set a personal goal and climb a traditional tower with helmet, harness, and belay for safety. Make it to the top and check out the stunning views of the Pacific Ocean, Downtown San Diego, and Mexico!

Archery - Learn archery basics and practice safe firing techniques.

Crafts - We offer various crafts from lanyards to mask making to bead animals and more!

Skate `n Scoot - Learn the basics of skateboarding or enhance your skills on our new skate park!

Beach Time - Play on the beach, swim in the ocean or ride the waves with body boards/surf boards. Typically Tuesday & Thursday afternoons. The spilling waves are great for learning to body board or surf, we have everything you need from boards to expert instructors. Note: Students are allowed in the water only when the lifeguards are on duty. Heavy rain or pollution may result in the San Diego County Department of Environmental Health issuing water closures due to run-off or pollution. In the case of a water closure, other staff-led activities will be scheduled and there are many different free time activities and facilities to enjoy.

EVENING PROGRAMS

Campfire and S'mores - Long standing camp traditions to sing songs, make a s'more, hear amusing stories, be creative, and join in the spotlight.

Skit Night - Cabins plan skits in their free time with their chaperones. Ask to borrow our skit resource binder to get a few good ideas.

Leadership Compass - Students discover their leadership style based on the characteristics of four amazing animals and develop an understanding of how different styles communicate and lead. Recommended for 8th grade and above.

Cabin Challenge - A cooperative improvisational activity where groups are given different scenarios to act out on stage.

Twilight Adventure - Explore camp after sunset and learn about our crepuscular and nocturnal creatures and their unique adaptations.

Minute-to-Win-it - Fun quick challenges in our main amphitheater that involve everyone rotating on stage competing against the clock.



OUTDOOR EDUCATION GOALS QUESTIONNAIRE

Please email: bkeogh@ymcasd.org two weeks before your scheduled trip.

Dates at camp: _____ Group Leader: _____ School: _____

Grade(s): _____ # Students attending: m: _____ f: _____ # Adults attending: _____

Choose the classes/activities you'd like for your group. *Those with an asterisk note our most popular options.*

3 days = 8 activity periods & 2 evening programs 5 days = 16 activity periods & 4 evening programs

Classes & Activities

Group Games - Participate in fun-filled activities and challenges designed to build self esteem, group cooperation, and trust.

Beach Bound* - Observe, interpret, and learn about the water cycle, currents, waves, weather, and the cycles of beach formation.

Jetty Rocks!* - Explore a rock jetty to discover specialized adaptations of plants and animals to survive in the harsh intertidal environment.

Hop into Habitats - Diversity, needs for survival, populations, and competition are discovered by comparing coastal communities.

Marshes aren't Mellow - Experience the salt marsh and discover why this endangered habitat is vital to many different species.

CSI (Critter Skull Investigation)* - Measure, estimate, and make predictions about animals by observing and comparing skulls.

Kelp Connections - Explore the features of kelp, a kelp forest, and discover how ocean animals and humans use kelp every day!

Estuary Exploration - Walk down the beach to learn about tides, zones, and visit the largest coastal estuary in Southern California. (counts as 2 periods)

Orienteering - Basic compass skills and an opportunity to practice on a course through camp.

Sea Survival* - A variety of outdoor survival techniques which may include shelter-building, first aid, cooking, signals, or making a fire.

Simply Solar* - See how energy from the sun works. Use solar energy to run a motor, a radio, & cook food!

Groovin in the Garden - Hands on exploration of a sustainable food system including vermicompost, seed growth and farm to table snacks.

Teambuilding - A series of fun classes (up to 3 class periods) designed to build self esteem, group cooperation, communication, and trust. Advanced teambuilding is for junior and senior high school students.

Climbing Tower - Offers the chance to set a personal goal and climb a traditional wooden climbing tower with a helmet, harness, and belay for safety.

Archery or Crafts - Traditional camp activities. Please circle one.

Beach Afternoon - Play on the beach, swim in the ocean or ride the waves with body boards/surf boards. Our lifeguards will review waterfront safety and guidelines. Note: Students are allowed in the water only if our lifeguard service is open. This must be scheduled in advance! In case of water closure, we will work with you to choose the best alternate plan. Water closure activities include sand castle competitions, beach luau/games, scavengers hunts, and any of our recreation programming.

Evening Programs

Campfire & S'mores - Long standing camp traditions to sing songs, make a s'more, hear amusing stories, be creative, and join in the spotlight.

Skit Night - Cabins plan skits in their free time with their chaperones. Ask to borrow our skit resource binder to get a few good ideas.

Leadership Compass - Discover your leadership style based on four amazing animals and develop an understanding of how different styles communicate and lead. Recommended for 8th grade and above.

Cabin Challenge - A cooperative improv activity where groups are given different scenarios to act out on stage.

Twilight Adventure - Explore camp after sunset and learn about our crepuscular and nocturnal creatures and their unique adaptations.

Minute to Win it* - Fun quick challenges in our main amphitheater that involve everyone rotating on stage competing against the clock.

OUTDOOR EDUCATION GOALS QUESTIONNAIRE

1. What are the goals for your outdoor education experience?

2. Our Outdoor Education Program can provide journals/workbooks linked to the classes. Would you like your students to have one? _____

3. Do you have any additional activities planned (i.e.- Sea World, Birch Aquarium, etc.)?

5. Will your school want to have lunch earlier than 12:30pm on their last day or have sack lunches provided for your ride home? For an earlier lunch, what time? _____

6. Activity groups typically range, would you like us to do it randomly or do you want them divided a specific way?

7. Why did you choose to come to YMCA Camp Surf?

8. Anything else we should know?

TRAVEL TO & FROM

TRANSPORTATION

Arrangement of transportation to and from camp is the responsibility of the school.

ARRIVING AT CAMP

Schools should plan to arrive between 11 and 12pm. After unloading the buses, everyone gathers at Pirates Cove for orientation and then it's time to move into cabins. The lead teacher should turn in the roster and final payment to the office immediately upon arrival. Lunch is at 12:30 and our first class block starts at 2:00pm!

CHECK-OUT PROCEDURES

On the morning of departure please stack mattresses in the center of the cabin, sweep out the bed wells, sweep the floor area, do a general trash clean up around your cabin, and claim all "lost & found" items. A staff member will meet every cabin before breakfast to help finish with clean-up and make sure all belongings are packed. Departure is after lunch. Please let us know if you need to leave earlier.

DRIVING DIRECTIONS

Traveling south on I-5 or I-805, take the Palm Ave. Exit.

**I-805 has two very different Palm Ave. Exits! DO NOT take Palm Ave. Exit #11A in San Diego, instead travel 8.6 miles farther south to Palm Ave Exit #2. See map special note A.

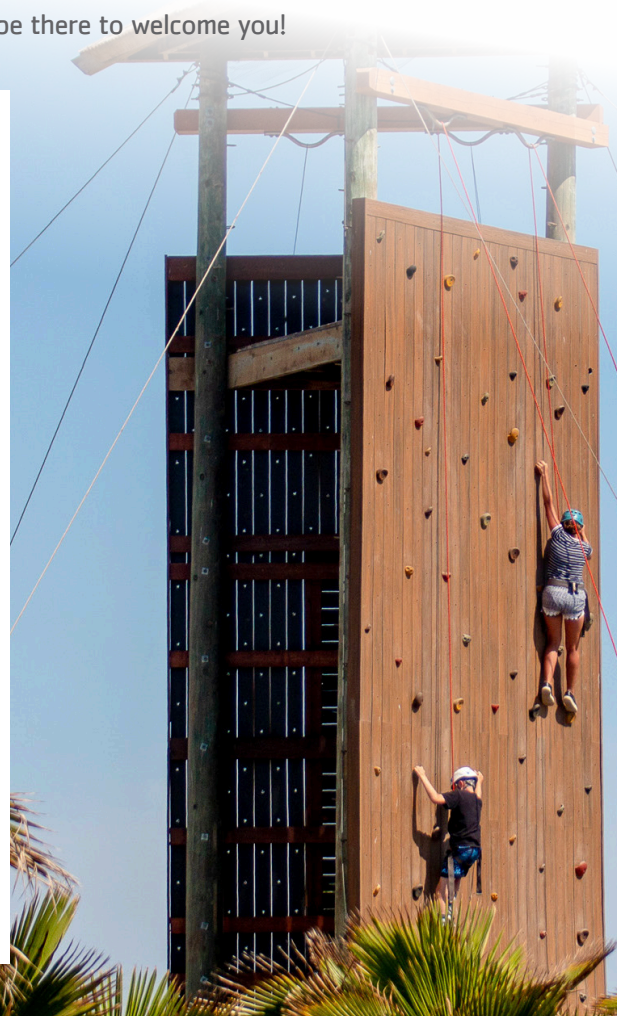
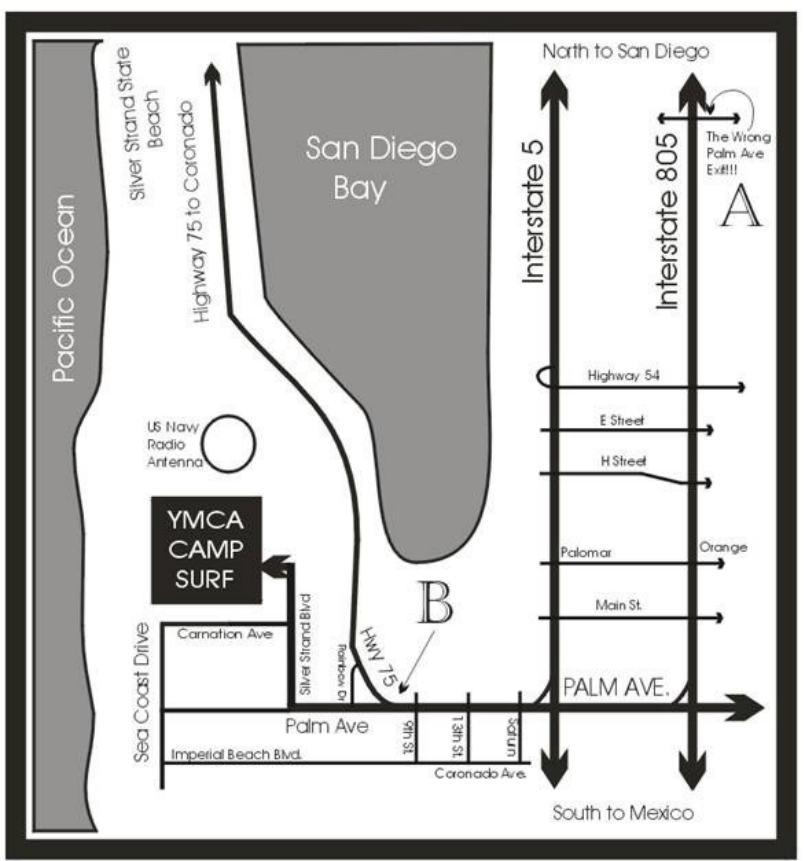
Turn right (west) at the top of the ramp, onto Palm Ave.

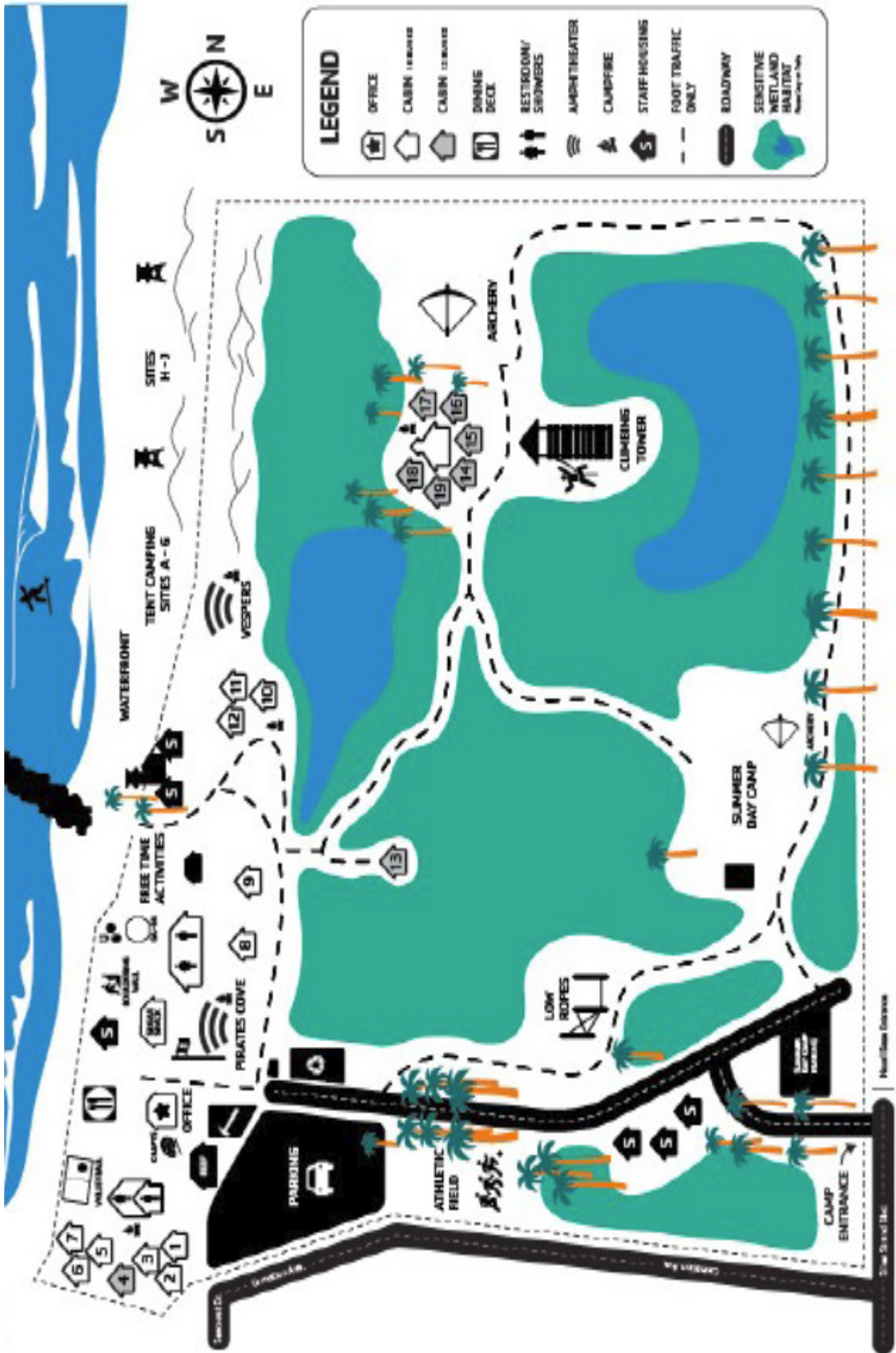
STAY on Palm Ave. towards Imperial Beach.

**Be aware Palm Ave and Highway 75 split. Palm Ave. turns left into Imperial Beach and Highway 75 goes right (straight through the light) to Silver Strand State Beach and Coronado. See map special note B.

Follow signs and keep LEFT on Palm Ave. One block after the 4-way stop, turn right (north) onto Silver Strand Blvd. Drive three blocks and you will see the entrance to YMCA Camp Surf on the left.

Follow the entrance road to the left, park in the parking lot, and staff will be there to welcome you!





RESOURCE SECTION FOR PARENTS & CHAPERONES

NOTES TO TEACHERS

Forms for Parents

Please provide parents/guardians with a copy of the Parent Information letter and student waiver.

Forms for Chaperones and Teachers

Please have all volunteer chaperones and teachers review the Chaperone Guide, which will explain their role and expectations while at YMCA Camp Surf.

TEACHERS AND SCHOOL ORGANIZERS

The information contained in this Resource Guide should be distributed to the parents, chaperones, and other school personnel as appropriate.

PARENT INFORMATION

Dear Parent,

YMCA Camp Surf welcomes your child to our Outdoor Education Program at YMCA Camp Surf in San Diego, California. We offer a comprehensive outdoor and educational program. Please help us provide a happy and healthy experience by following these guidelines:

Medications - Do not pack medication in your child's luggage (state law). Give medication to school staff in original container with clear instructions and also write instructions on the Health Form.

Emergency Contact - In case of EMERGENCY ONLY, the camp cell number is 619.316.7637. For all other inquiries and messages, the camp office number is 619.423.5850. YMCA Camp Surf staff are equipped to respond to emergency first aid incidents, but medical care and dispensing medication is the responsibility of the school. (Locked either in a vehicle, locked bag/box in your cabin or our Health Center)

What to Bring - Refer to the Equipment List. Please do not allow your child to bring cell phones, MP3 players, expensive cameras, food, or anything that could be considered a weapon. YMCA Camp Surf is not responsible for the damage or loss of items brought to the camp. Please leave expensive belongings at home.

Our staff is committed to providing the very best experience possible for your child. If you have any questions, please don't hesitate to call or email us, or visit our website. We thank you for the privilege of helping your child grow!

Sincerely,
The YMCA Camp Surf Staff

Campers MUST bring:

- Sleeping bag and pillow
- Towels (beach & shower)
- Soap & shampoo
- Toothbrush & toothpaste
- Brush or comb
- Deodorant
- Hat with brim or visor
- Sunscreen & lip screen
- Warm jacket or coat
- 2 Sweatshirts or sweaters

- Warm shirts
- Long pants (2-3 pair)
- Pajamas/sleepwear
- Short sleeve t-shirts
- Shorts
- Undergarments
- Socks
- 1 pair of sneakers
- 1 pair of sandals
- Rain gear (or poncho)
- Swim wear (if water time)

Optional:

- Inexpensive camera
- Reusable water bottle
- Stationary & stamps
- Gloves, mittens, scarves
- Waist pack or back pack
- Appropriate reading material
- Wetsuit

CHAPERONE GUIDE

Dear Chaperone,

Thank you for volunteering as a cabin chaperone! Your commitment to the students at your school will help make their stay at camp a safe and memorable experience. This letter will help you understand the expectations of the school and camp. In other words...what you are volunteering to do!

Who We Are

YMCA Camp Surf is a year-round facility located in Imperial Beach on 40 acres of beachfront property. Our programs include retreats, summer camp, outdoor education, leadership development, day camp, and family programs. Our four core values of Caring, Honesty, Respect, and Responsibility, are emphasized throughout all programs.

Cabin Assignments

Chaperones will be required to sleep in cabins with campers, provided they are the same gender as the children in that cabin. Each cabin should have at least one adult chaperone.

What to Bring

Please refer to the list on this page get an idea of what you might want to bring (and not bring!) to camp. Keep in mind that coastal weather can change a great deal throughout the day and there is not a lot of shade at camp. We encourage you to bring both clothing that will protect you from the sun, as well as colder weather clothing that will keep you warm in the evenings or in inclement weather. Remember that this is "outdoor education", so dressing in layers and bringing some kind of raingear will insure that you are comfortable during your stay.

It is OK for you to bring a cell phones, but please use them privately when you are not involved in direct supervision of children. Outlets for chargers are limited, and plugging cell phone chargers into bathroom outlets is unsafe and not allowed. Campers are allowed to use a phone only with permission from school staff and under the supervision of an adult chaperone. If you need to bring medication please make sure that it is locked either in a vehicle, locked bag/box in your cabin or our Health Center. Also, food in the cabin area must be sealed and ant-proof. We do not allow open food to be eaten or stored in the cabins and you will appreciate this rule being followed!

EQUIPMENT LIST

Recommended for adults:

- Sleeping bag and pillow
- Short sleeve/t-shirts
- Long pants and shorts
- Toiletries & towels
- Warm shirts
- Underclothing
- Socks
- Sweatshirts or sweaters
- Swim wear (if water time)
- 1 pair of sneakers
- 1 pair of sandals
- Rain gear
- Sunscreen & a hat
- Warm jacket or coat
- Reusable water bottle

Optional:

- Inexpensive camera
- Travel coffee mug
- Stationary & stamps
- Sunglasses
- Beach bag or backpack
- Appropriate reading material
- Notebook and pen
- Cell phone
- Guitar
- Quiet bedtime stories
- Gloves, mittens, scarves



YOUR ROLE AS A CHAPERONE . . .

You and your group leader are responsible for providing supervision for a cabin group of boys or girls and also for co-ed activity groups during the day. Upon arrival at camp, staff will meet with you to answer any questions you may have.

Students must always be with an adult and a buddy — at meals, during activities, free time, while sleeping — in other words,

NO CAMPERS SHOULD EVER BE UNSUPERVISED.

Waterfront - No one is allowed in the water unless it is during a time when the YMCA Camp Surf Lifeguard Service is On-Duty. Please make sure your students stay COMPLETELY out of the water unless they have scheduled water time. During beach time we need help from all adults to keep campers inside the flag zones (swim areas), follow life guard signals, and manage equipment.

Meals - We ask that there be at least one adult at each table. Please sit at one of the tables assigned to your school and take responsibility for running the same table at each meal.

Classes - We need at least one adult in each activity group. Participation in classes and activities is encouraged, let the instructor know so they may include you. If there are "extra" adults you may work it out among yourselves to take breaks. This is a good time to relax, read, or take a shower as long as there is enough coverage for each activity group.

Evening Programs - We will have activities planned such as a campfire or skit night in the evening. Please sit among the students and ensure skits and songs are appropriate for all ages. (We sometimes have younger children at campfire with older students...campfire is always "G" rated!) If your group cannot come up with a skit, YMCA Camp Surf staff would be happy to help. Campfires require Camp Surf staff supervision/approval to ensure site and San Diego County polices are being adhered to.

Shower Time - Please make your presence known in the bathrooms, but always respect student privacy. Unsupervised shower times can cause problems...please be present to make sure the students are respectful of others and safe! In order for everyone to wash up, showers should take less than 5 minutes per person.

Free Time - Students need to remain in the center of camp. Plan with the other adults to make sure there is someone at the camp store, the bouldering wall and gaming areas, volleyball, or wherever children are playing. No students are allowed in the cabins or on the beach unless there is an adult with them.

All Other Times - to ensure their safety, as well as your own...please make sure campers are always properly supervised and use the buddy system to make sure you are NEVER alone with a student.

Thank you again for your time, energy and willingness to provide a fun and educational experience for the students from your school.

Fast Facts

Size: 45 acres

Location: Where Coronado, CA meets Imperial Beach, CA meets the Pacific Ocean

Address: 560 Silver Strand Blvd. Imperial Beach, CA 91932

Accommodations

Overall Camp Surf capacity is 300 campers.

Total Bunks = 280

13 Cabins w/ 16 Bunks each

2 Platform tents w/ 12 Bunks

4 Cabin tents w/ 12 Bunks

Camping Capacity = 300

10 Tent Campsites

30 People Per Campsite

Local Attractions

(Approx. distance from camp)

Tijuana Estuary 1 mi

Sea World 20 mi

San Diego Zoo 15 mi

Wild Animal Park 43 mi

Tijuana 5 mi

Balboa Park 15 mi

Old Town San Diego 17 mi

Disneyland 108 mi

YMCA RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT FOR MINORS

Name of Minor(s) _____

I, the undersigned parent/person having legal custody/guardianship of the above said minor, give permission for the minor to participate in all YMCA programs whether at a YMCA location or virtually from wherever the minor may be. The minor is physically able and mentally prepared to participate in all activities as described in the announcement for the program.

In consideration of said minor being permitted to enter any branch of the YMCA of San Diego County ("YMCA") for observation, use of facilities and/or equipment, or participation of the above in any program either in person or virtually, I, on behalf of myself (as parent, guardian, coach, aide, spectator or participant) hereby:

1. Acknowledge that (i) I have read this document, (ii) I have inspected the YMCA facilities and equipment, (iii) I accept them as being safe and reasonably suited for the purposes intended and (iv) I voluntarily sign this document.
2. Except for YMCA's gross negligence or willful misconduct I release the YMCA, its directors, officers, employees and volunteers (collectively "Releasees") from all liability to me or the above said minor, for any loss or damage to property or injury or death to person, whether said damage or injury results from conditions arising upon the YMCA facilities or arising out of or in connection with YMCA programs or activities. YMCA shall not be liable for any damages arising from any act or neglect of any other member, occupant or user of the YMCA premises or participant in YMCA programs or activities. I agree that the above said minor assumes full responsibility for, and risk of, bodily injury, death or property damage except caused or due to the gross negligence or willful misconduct of the YMCA.
3. I agree not to sue Releasees for any loss, damage, injury or death described above and except for YMCA's gross negligence or willful misconduct, I will indemnify, protect, defend and hold harmless the YMCA and its Releasees from and against any and all claims and/or damages, liens, judgments, penalties, attorneys' and consultants' fees, expenses and/or liabilities arising out of, involving, or in connection with, the YMCA membership, use of YMCA facilities and/or participation in YMCA programs by me, the above said minor or any other person. If any action or proceeding is brought against YMCA by reason of any of the foregoing matters, I shall upon notice defend the same at my expense by counsel reasonably satisfactory to YMCA and YMCA shall cooperate with me in such defense. YMCA need not have first paid any such claim in order to be defended or indemnified.
4. I do hereby authorize the YMCA as agent for the undersigned, to consent with respect to said minor, to any x-ray examination, anesthetic, medical, dental, or surgical diagnosis or treatment, and hospital care which is deemed advisable by, and is to be rendered under general or special supervision of, any physician and surgeon licensed under the provisions of the California Medical Practice Act on the medical staff of any hospital, whether such diagnosis or treatment is rendered at the office of the physician or at the hospital. I understand that the YMCA is not responsible for costs incurred for medical care.

COVID-19 ASSUMPTION OF RISK AND RELEASE AND WAIVER

5. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of any groups of people other than in your own household. YMCA of San Diego County ("YMCA") has put in place preventative measures suggested by the Centers for Disease Control and Federal, State, and Local Government to reduce the spread of COVID-19; however, YMCA cannot guarantee that you or your child will not become infected with COVID-19. Further, attending YMCA facilities, programs or childcare could increase your family's risk, your risk, and your child's risk of contracting COVID-19. By signing this agreement, I acknowledge the highly contagious nature of COVID-19 and voluntarily assume the risk that my child and I along with my family may be exposed to or infected by COVID-19 by attending YMCA facilities, programs or childcare and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at YMCA facilities, programs or childcare may result from the actions, omissions, or negligence of myself and others, including, but not limited to, YMCA employees, volunteers, and program participants and their families I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child or my family may experience or incur in connection with my child's attendance at YMCA or participation in YMCA programming ("Claims"). On my behalf, and on behalf of my family and children, I hereby release, covenant not to sue, discharge, and hold harmless YMCA, its employees, agents, and representatives, of and from any and all Claims, including all liabilities, claims, actions, suits, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of YMCA, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any YMCA program.

I intend this document to be as broad and inclusive as is permitted by the laws of the State of California; if any portion hereof is held invalid, I agree the balance shall continue in full force and effect.

Parent/Legal Guardian Signature _____ Date _____

PHOTOGRAPHIC WAIVER/CONSENT

I, _____ give my permission of the YMCA of San Diego County (YMCA) to use my picture or other likeness, or a picture or other likeness of any of my children, specifically, _____, in the YMCA's general publicity and campaign materials.

Parent/Legal Guardian Signature _____ Date _____

YMCA RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT FOR ADULTS

Name of Adult(s) _____

In consideration of being permitted to enter any branch of the YMCA of San Diego County ("YMCA") for observation, use of facilities and/or equipment, or participation of the above in any program either in person or virtually, I, on behalf of myself (as parent, guardian, coach, aide, spectator or participant) hereby:

1. Acknowledge that (i) I have read this document, (ii) I have inspected the YMCA facilities and equipment, (iii) I accept them as being safe and reasonably suited for the purposes intended and (iv) I voluntarily sign this document.
2. Except for YMCA's gross negligence or willful misconduct I release the YMCA, its directors, officers, employees and volunteers (collectively "Releasees") from all liability to me or the above said minor, for any loss or damage to property or injury or death to person, whether said damage or injury results from conditions arising upon the YMCA facilities or arising out of or in connection with YMCA programs or activities. YMCA shall not be liable for any damages arising from any act or neglect of any other member, occupant or user of the YMCA premises or participant in YMCA programs or activities. I assume full responsibility for, and risk of, bodily injury, death or property damage except caused or due to the gross negligence or willful misconduct of the YMCA.
3. I agree not to sue Releasees for any loss, damage, injury or death described above and except for YMCA's gross negligence or willful misconduct, I will indemnify, protect, defend and hold harmless the YMCA and its Releasees from and against any and all claims and/or damages, liens, judgments, penalties, attorneys' and consultants' fees, expenses and/or liabilities arising out of, involving, or in connection with, the YMCA membership, use of YMCA facilities and/or participation in YMCA programs by me, or any other person. If any action or proceeding is brought against YMCA by reason of any of the foregoing matters, I shall upon notice defend the same at my expense by counsel reasonably satisfactory to YMCA and YMCA shall cooperate with me in such defense. YMCA need not have first paid any such claim in order to be defended or indemnified.
4. I assume full responsibility for, and risk of bodily injury, death or property damage due to the negligence or Releasees or otherwise.

COVID-19 ASSUMPTION OF RISK AND RELEASE AND WAIVER

5. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of any groups of people other than in your own household. YMCA of San Diego County ("YMCA") has put in place preventative measures suggested by the Centers for Disease Control and Federal, State, and Local Government to reduce the spread of COVID-19; however, YMCA cannot guarantee that you or your child will not become infected with COVID-19. Further, attending YMCA facilities, programs or childcare could increase your family's risk, your risk, and your child's risk of contracting COVID-19. By signing this agreement, I acknowledge the highly contagious nature of COVID-19 and voluntarily assume the risk that my child and I along with my family may be exposed to or infected by COVID-19 by attending YMCA facilities, programs or childcare and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at YMCA facilities, programs or childcare may result from the actions, omissions, or negligence of myself and others, including, but not limited to, YMCA employees, volunteers, and program participants and their families I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child or my family may experience or incur in connection with my child's attendance at YMCA or participation in YMCA programming ("Claims"). On my behalf, and on behalf of my family and children, I hereby release, covenant not to sue, discharge, and hold harmless YMCA, its employees, agents, and representatives, of and from any and all Claims, including all liabilities, claims, actions, suits, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of YMCA, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any YMCA program.

I intend this document to be as broad and inclusive as is permitted by the laws of the State of California; if any portion hereof is held invalid, I agree the balance shall continue in full force and effect.

Adult Signature _____ Date _____

PHOTOGRAPHIC WAIVER/CONSENT

I, _____ give my permission of the YMCA of San Diego County (YMCA) to use my picture or other likeness, or a picture or other likeness of any of my children, specifically, _____, in the YMCA's general publicity and campaign materials.

Adult Signature _____ Date _____