

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CAMP SURF OVERNIGHT PARENT GUIDE

560 Silver Strand Blvd, Imperial Beach, CA 91932 T 619.423.5850 | camp@ymcasd.org ymcasd.org/camps

WELCOME TO CAMP SURF

We are thrilled that you've chosen YMCA Camp Surf for your child this summer. In this Parent Guide many of your questions will be answered. For additional info visit www.ymcasd.org/camps or call the camp office at 619.423.5850.

ARRIVAL SUNDAY

Please arrive on opening Sunday between 3:30pm and 4:30pm. Campers will not be accepted earlier than this time.

Remember to bring your:

- Admission Form
- Health History Form
- Medications

FRIDAY DEPARTURE

We invite parents and families to join us for our Family BBQ and Surf Carnival on the final Friday afternoon. This is the perfect opportunity to take photos and share camp with your child(ren). Please leave pets at home since we cannot allow animals in camp or on the beach (& the parking lot gets hot.) 12-4:00pm Check Out 12:30pm Surf Carnival

If we have experienced water closures we may adjust this to get our campers more water time before check out.

DIRECTIONS TO CAMP

Our physical address is 560 Silver Strand Blvd Imperial Beach CA 91932. Travel south on Interstate 5 past Chula Vista. Exit on Palm Ave. and turn right. Go through 4 lights and move to the left lane. After Ninth Ave., veer left toward Imperial Beach staying on Palm Ave. Continue and turn right one block after the 4-way stop onto Silver Strand Blvd. The camp entrance is at the end of the street. Directions are also available on our website.

CAMPERS ARRIVING BY TRAIN OR PLANE

Camp Surf offers limited transportation to/from the San Diego Airport and Santa Fe Train Station. Options for 16yrs and younger train travel are restricted due to AMTRAK policy. Please ensure you are aware of NEW travel policies by contacting Payton Schoonmaker before registering for summer camp. Confirmed and approved itineraries must be forwarded one month before arrival at camp. If your camper needs this option, don't wait—available spots fill quickly! Contact Payton Schoonmaker at pschoonmaker@ymcasd.org

BEHAVIOR AT CAMP

At camp, we foster an inclusive environment filled with friendship, respect and character development. Campers that cannot live within the rules of camp, or are adversely affecting the experience of other children will be dismissed without a refund.

Parents are then responsible to come to camp and pick up their child.

CABIN MATE REQUESTS

Please know that cabin mate requests must be mutual (other parents must request your child too) with campers in the same program and within 1 year of age and grade of one another. We will do our best to honor these requests provided they are made at least one week prior to the start of camp. To make a request please contact our office team at 619.423.5850 or camp@ymcasd.org.

Note: Most campers come alone. Making new friends is a big part of the camp experience! We will honor mutual requests, however our ability to accommodate multiple requests is dependent on overall registration. If you have any questions please contact our Summer Director Payton Schoonmaker at pschoonmaker@ymcasd.org.

HEALTH & SAFETY

HEALTH HISTORY

This form is required to be handed in on check-in day so please do not mail, email or fax this form. Health History needs to be complete with parent's signature and medical information. State Health Codes also require that the camper's immunizations are up to date. If a child has any severe health conditions, has recently stopped taking a behavioral medication or has recently been under a doctor's care, a physician's authorization is required for camp attendance. If none of these conditions apply, a doctor's physical is NOT required.

PRE-CAMP HEALTH SCREENING

Please send healthy kids to camp. Upon arrival, we require each family complete a detailed health check verifying your child is healthy and symptom free. If your child is sick and therefore unable to attend camp, we are always willing to transfer them to another session based on availability. Camp staff will facilitate a daily symptom check with each camper. If a child exhibits symptoms, they will be isolated and must be picked up ASAP.

MEDICATIONS

It is important that medications, including non-prescription medications (cough drops, vitamins, etc.), are not packed in your child's things. All medications are to be submitted to health care staff at check in (State Law). Prescription drugs must be in the original container with physician's instructions. If there is more than one kind of medication please place the original containers into a Ziploc bag labeled with camper's name. You will be asked to provide complete written directions on dosage and frequency and verify instructions for dispensing your child's medications during check-in. Airport /Train only: place medication and completed camp forms together in a large Ziploc bag and pack inside a carry on backpack.

INSURANCE

You, as parent or guardian, are responsible for any medical costs incurred while at camp. Be sure to provide accurate information regarding your insurance carrier on the Health History Form.

WATER CLOSURES

The safety and wellbeing of our campers is paramount to everything we do. We automatically receive daily testing results facilitated by San Diego County and will not put campers in the water under any advisory or closure. In the event of an ocean closure we have plans in place for engaging alternative programming that includes:

- 1. When the water is closed, campers will be transported by bus to off-site beaches multiple times throughout the week. For Summer 2024 have secured access to beaches on the Coronado Navy bases, allowing us to provide the same amazing ocean experiences we are known for! On the rare occasion beaches are closed in Coronado, we also have permits to transport to other San Diego area beaches (ex. Mission Beach). Our staff (including lifequards) will continue to supervise campers at these beaches.
- 2. On-site activities such as our expanded skate park, archery range, climbing tower, sports activities, bicycles, and more.

While the ocean is certainly a big draw and part of camp, the value and benefits of the Camp Surf experience extends far beyond that. Campers will develop strong friendships, spend great active time outdoors, develop social skills, feel a sense of belonging, and exhibit increased confidence.

MISSING HOME

Going away to camp can sometimes be a challenging event for children. We understand parent concerns and will work with you to ensure that your child has a positive experience. Our first practice is very simple – PREVENTION. We find that keeping campers busy, is the best anti-homesickness strategy around. Sometimes, however, children still experience varying degrees of anxiety. We work to help homesick children overcome their difficulty. Most of the time we are successful.

If your child is not adjusting well, we will phone you to report and discuss possible courses of action.

PLEASE BE SURE TO PROVIDE US
WITH COMPLETE EMERGENCY
CONTACT INFORMATION.
ESPECIALLY IF YOU ARE
TRAVELING OR GOING
ON VACATION!

SUN PROTECTION

There is very little shade at YMCA Camp Surf. It is critical that your child understands the risks of over –exposure to the sun. The best protection is regular (every 2–4 hours) applications of quality sun block lotion and lip screen. Please discuss this with your child before s/he arrival. It is important to send non–expired Waterproof Sun Block (SPF 30+), lip screen, a brimmed hat, & a reusable water bottle.

FOOD ALLERGIES

We will do our best to accommodate the needs of severe allergies. Please contact us ahead of time with questions or concerns.

Food Service Director: Joe Breedlove jbreedlove@ymcasd.org

MAIL CALL & MORE

PHONE CALLS HOME

Our policy is to not allow campers to phone home during the week. Experience has shown that these calls are extremely disruptive, both programmatically and personal growth-wise. One of the valued outcomes of camp is a camper learning independence! Phoning home detracts from that important goal. In rare circumstances due to behavior or severe homesickness, our staff will initiate calls with your camper.

VISITING DAYS

Families can visit camp on the final Friday of their child's camp session during the Surf Carnival and BBQ. This is a great time for your camper to show you around camp, introduce you to friends and staff, and share their exciting week. Check out is from 12pm—3pm, and the Surf Carnival is from 12:30pm—1:00pm.

MAIL

Campers love receiving letters from home while at camp.

SAMPLE ADDRESS

Camper's Name, Session____ Program (Mariners, BC, etc) YMCA Camp Surf 560 Silver Strand Blvd Imperial Beach, CA 91932

ONLINE PHOTO GALLERY & PARENT TO CAMPER EMAILS

We offer online pictures of our campers for parents to view. This service allows you a "one-way window" into camp life. You can also choose to send emails to your child. Please limit emails to 1 per day. Emails are delivered by dinner Monday-Thursday. You will receive a pre-approved registration code and instructions at check-in. Our photographer tries to include all children in the photo gallery, but due to timing, camera shyness, and off-site excursions, not all campers will be in a photo every day. Emails will be printed at approx. 11:30am M-Th. Any emails received after that time will be printed and delivered the following day. On Fridays, emails will be printed at 8:30am and delivered by 10:00am

CAMP STORE

Good news! The Camp Store will be open on Check-in and Check-out days. Cash and credit cards are accepted. The camp store will not be open during the week for campers to go in. We do provide snack every afternoon from our kitchen.

LOST AND FOUND

We manage lost and found items through the camp session. On check out Friday, be sure to check our display of any unclaimed items. If you discover something is missing upon your return home, call the camp office as soon as possible. After 2 weeks, we will donate any unclaimed items to a local charity.

COSMETICS

We have a "no make-up" policy that compliments the outdoor experience of camp life. Please leave all cosmetics at home

SURFBOARD & BODYBOARD RULES

To ensure the safety of all campers we only permit fiberglass/hard surfboards in special cases. Our long & short soft foam boards allow for safe and effective skill building in a team environment where campers are able to surf safely together in the same area. Advanced surfers that can demonstrate & consistently ride "green" waves, and go "outside", navigate a rip current on their own, duck dive effectively, & do not "bail" off their board during set waves may use their own board. Campers will be required to demonstrate these skills during the first lesson on a camp short board. If the instructor determines the camper is capable and safe in the water, they will be able to use their own board in another area. This area is separate from the soft board area and all campers are in view of lifeguards.

ELECTRONICS AT CAMP

Camp provides children a chance to live without electronic devices and daily social media. For security, safety, and a number of other reasons, we do not permit cell phones, iPods, computers, tablets, electronic games, digital readers, smart watches or similar devices. If these items are brought to camp, they will be stored in a secure place and returned to parents at the conclusion of the session.

We are not responsible for damage or loss of any electronics brought to camp.

EQUIPMENT LIST

Please mark camper's name on each item. The YMCA is not responsible for lost or damaged personal articles. Please leave valuables at home. Pack old stuff! There's a lot of sand, dirt, and sweat at camp. New clothes/ shoes will need a good wash when camp ends.

MARINERS, WATERMAN, BEACHCOMBERS, SOUL, & CA's

REQUIRED ITEMS:

	1 Hat or Cap w/ brim	2 pairs of Long Pants	OF	PTIONAL ITEMS:
	Waterproof Sun Block SPF 30+	5 pairs of Shorts		Stationary, Postcards, Stamps
	Please lotion only,	1 or 2 Sweatshirts or Jackets		Book, Reading Materials
	NO AEROSOL sprays.	5 T-Shirts		Camera (inexpensive)
	Waterproof Lip Screen SPF 30+	1–2 Swim Suits		Sunglasses
	Water Bottle or Canteen	6 pairs of Underwear		Flashlight
	Wetsuit and/or RASH GUARD—	6 pairs of Socks		Extra Beach Towel
	nylon shirt worn in water to	Pajamas		
	protect from irritation & sun exposure.	Sneakers/Tennis Shoes		
	Backpack (day pack)	Flip flops/sandals		
	Sleeping Bag	2 Towels (1 beach, 1 bath)		
ш	(All campers do a sleepout)	Toiletry articles - toothbrush,		
	Pillow	toothpaste, shampoo		

ASK YOUR CAMPER!

Research shows that intentional questions can produce significant learning and performance benefits.

PRE CAMP?'s

- What's one new thing you want to try while you are away at camp?
- What's one thing you are most nervous about? How will you handle that situation once you're at camp?

POST CAMP?'s

- What's something new you tried at camp?
- What's the most surprising thing you learned (about yourself) while you were away at camp?
- What's the one thing that makes you want to go back to camp?
- Tell me about your new camp friends? Favorite camp counselor?



- Video games
- iPods/iPads/IWatch
- Laptops/Tablets
- Cell Phones
- Digital Readers
- Food

- Candy
- Alcohol
- Drugs
- Tobacco
- Weapons
- Fireworks

- Aerosol sprays
- Makeup
- Pets
- Offensive materials



YMCA CAMPER HEALTH HISTORY FORM

DO NOT MAIL

Please return form to camp on the day of check-in

Camper Name:_					Birth	Date:	//	Age:	_ Sex:	
Address:	Last		Fire City:	st 	State:	Zip:_		Home Phone:		
Parent/Guardia	n 1 Name:				Work:			Cell:		
Parent/Guardia	n 2 Name:				Work:			Cell:		
Family Email Ac	dress:									
								Cell:		
Immunization	History	Are all immun	izations	up to date? 🛮 Ye	s 🛘 No	Date of	last tetanus sho	t (if known):	:/_	/
Medical Inform Family Physicia				Phone:			Date of last ph	ysical exam:	:/	/
Medical Insurar	nce Carrier:_					Polic	y and/or group #	#:		
Currently under Heart defect/di Recent hospital Asthma* Seizures* Diabetes*	· Dr. care* sease* lization*	☐ Yes ☐ No	ADD Auti Aspe Bedv Slee	items, must have a /ADHD sm erger's Syndrome vetting pwalking erculosis	Doctor's Aut	No No No No No	on completed (rec Head Lice (rec Chicken Pox Measles German Measl Other disease:	ent)	No No No	No
For each ✓ Yes				Food Allergies 🛛 \			Poison Oak/Ivy	Penicillin		
Allergies:	Bee Stings			List			Yes 🗆 No	Yes 🛮 No		
		t/animals 🛮 Yes	-	Any airborne allerg			Hay Fever □ Yes □ No	Other Drug List		
Any current me For each ✓ Yes	ntal, or psyc , please exp	chological condi lain:	tions req	ng, long hikes, stre uiring special consi	deration or r	estriction 				
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Non-Prescript	tion Medica	itions I authori:	ze the fo	llowing medications	or aeneric e	auivalent	to be administe	ered as need	ed:	
=				Yes No Pepto	Bismol 🛛 Y	es 🗆 No	Cough Syrup	🛮 Yes 🖺 No		
Acetaminophen (Tylenol) 🛮 Y		adryl	🛮 Yes 🖟 No 📗 Ibupro	fen (Advil) 🛮 Y		Hydrocortisone	🛮 Yes 🖺 No		
in connection with YMI programs or activities, the YMCA. 3. I agree not the YMCA and its Relea with, the YMCA membe of the foregoing matte such claim in order to be surgical diagnosis or tradifornia Medical Prac for costs incurred for not mainly from person-to-congregation of any gr State, and Local Govern childcare could increas risk that my child and I illness, permanent disa of myself and others, in for any injury to my child or incur in connection vischarge, and hold hai or relating thereto. I ur	A programs or ac I agree that the at bot to sue Releasee serses from and ag- ership, use of YMC. rs, I shall upon not be defended or ind eatment, and hosp tice Act on the me nedical care. 5. The person contact. A oups of people oft ment to reduce the e your family's risk along with my fan bility, and death. I ncluding, but not hi ild or myself (includ with my child's atter rmless YMCA, its e	twittes, YMLA shall not bove said minor assume s for any loss, damage, ainst any and all claims A facilities and/or partic tice defend the same at enmified. 4.1 do hereby bital care which is deem dical staff of any hospit e novel coronavirus, CO' s a result, federal, state her than in your own ho be spread of COVID-19, your risk, and your chi nily may be exposed to understand that the ris mited to, YMCA employ ding, but not limited to, endance at YMCA or par mployees, agents, and re se that this release inclu-	be liable for a s full respons injury or deat and/or dama; injury or deat and/or dama; injury or deat and/or dama; authorize the ed advisable tal, whether s e, and local gousehold. YMC however, YM Id's risk of co or infected by k of becoming ees, volunteein personal injuriticipation in representative.	nent, (ii) I have inspected the negligence or willful miscondu jury or death to person, whe my damages arising from any ibility for, and risk of, bodliy in described above and exceptes, liens, judgments, penaltie ICA programs by me, the abov y counsel reasonably satisfar YMCA as agent for the unde under the programs of the most of the programs of the most of the programs of the most of the most of the programs of the most	act or neglect of ar jury, death or prop for YMCA's gross ; and co se said minor or any tory to YMCA and 'r signed, to consent or general or special rendered at the offi demic by the World ate health agencies A') has put in place u or your child will r ng this agreement, I A facilities, progran DVID-19 at YMCA f and their families I w s, damage, loss, cla c. On my behalf, and ims, including all lia sions. or nedioence	ny other mem retry damage engligence or nsultants' fee other persor /MCA shall co with respect supervision on cice of the phy recommend: preventative preventative not become in acknowledgen so or childcar acilities, prog oluntarily agr im, liability, on on behalf of bilities, claims of YMCA. its	per, occupant or user of except caused or due to willful misconduct, I will s, expenses and/or liabil h. If any action or procee poperate with me in such to said minor, to any x-rof, any physician and sur sician or at the hospital, nization. COVID-19 is espocial distancing and hav measures suggested by fected with COVID-19. It the highly contagious ne and that such exposurams or childcare may ree to assume all of the froxpense, of any kind, the my family and children, Is, actions, suits, damage: employees. A suits, damage employees.	the YMLA premise the gross negligen indemnify, protect, titles arising out of, ding is brought aga defense. YMCA ne age on licensed unde I understand that ktremely contagiou ve, in many location the Centers for Disturber, attending a ture of COVID-19 e or infection may esult from the actio foregoing risks and ant I or my child or hereby release, co 6, costs or expense representatives. w	s or participant in ce or willful mis defend and ho involving, or in involving, or in pesthetic, medic in the provision: the YMCA is no s and is believe ss, prohibited th sease Control a YMCA facilities, a and voluntaril result in persor in score solving accept sole res my family may venant not to s so f any kind a thether a COVII hether a COVI	t in YMLA sconduct of old harmless in connection reason of any st paid any cal, dental, or is of the to responsible du to spread he ind Federal, programs or ly assume the nal injury, or negligence sponsibility experience sue, arising out of D-19 infection
Signature of P	arent/Guar	dian:						Date:	_//	'

THIS SECTION TO BE COMPLETED IF CURRENTLY UNDER DOCTOR'S CARE OR *ASTERISK-HEALTH CONDITION IS CHECKED ON FRONT OF THIS FORM.

Note: A Doctor's written authorization is only required if the camper has a history of Asthma, Heart Defect/Disease, Seizures, Diabetes, has been recently hospitalized, or is currently under a Doctor's care. If so, complete this section.

Health Examination by Licensed Physicia	n			
Child's Name:		Birth Date:	//_	Sex:
Parent's name:				
Because of this camper's medical history, we YMCA Camp. Please realize that camp is held very active with strenuous hiking, games, sw	d at either mountain (4300 feet e	levation) or oceanfror	nt settings. The	programs are
I have examined the child named on this form	m within the past two years.	Date examined:	//	
After examination and my review of his/her camp activities, except as noted below.	health history, it is my opinion tha	at this person is phys	ically able to en	gage in
Height:	Weight:		Blood pres	sure:
Is the applicant under the <u>care of a physicia</u>	<u>n</u> for any conditions? ☐ Yes ☐ No	Please explain	:	
Any specific <u>activities to be encouraged</u> or <u>li</u>	imited by physician's advice?			
Any medically prescribed meal plan or <u>dietar</u>	y restrictions?			
Any <u>treatment</u> or <u>medications</u> to be continue	ed at camp (please give specific d	osages)?		
Any <u>allergies</u> ? (Food, drugs, plants, insects,	etc):			
Additional health information:				
Licensed physician signature:				Date://
Address:	City:		State:	Zip:
Phone:	Date of form completion:	/ /	Bv∙	

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YMCA Overnight Camps - Marston | Surf | Raintree PO Box 2440 Julian, CA 92036

T 760 765 0642

 $\textbf{E} \ \text{camp@ymca.org} \quad \textbf{W} \ \text{http://www.ymcasd.org/camp}$



AUTHORIZED PICK UP SIGNATURE

DO NOT MAIL PLEASE BRING FORM TO CAMP ON CHECK-IN DAY

SESSION CABIN MEDS	HOLDOVER 1 TRANSPORT 1 CONFISCATED WETSUIT				
	ITEMS				
i ji ji ji	l jl jl jl				
AMPER NAME					
ast First					
ARENT INFORMATION - Please provide the parents/Guardians:	names of all adults authorized to pick up your child, including				
OUR NAME - PRINT					
RANSPORTATION FROM CAMP ON DEPA	RTURE FRIDAY(S):				
My child will be picked up at camp.	Checkout begins at 12pm & Surf Carnival starts at 12:30pm on Friday at Camp Surf.				
My child is registered for transportat to airport/train station.	Campers must be pre-registered for transportation and have paid the \$75 fee. Itineraries must be approved by camp's Transportation Coordinator - additional fees may apply in certain circumstances.				
	/				
Parent/Guardian Signature (required fo	or camp admission) Date mm/dd/yy				
IE YMCA CAMPER CODE OF CONDUCT					
derstand that I am responsible for my behavior t allowed and have not packed any of them. I a	arent Guide and Equipment List with my parents/guardians and while I am at camp. I have reviewed the list of things that are am excited about my camp experience and I am coming because rstand that I may be sent home, without a refund of camp fees I experience for me and for the other kids at camp.				
	-up electronics				
parents. I will do my best to make this a good	electronics CAMPER SIGNATURE				

STAFF SIGNATURE