



FAIRVIEW LAKE YMCA CAMPS

1035 Fairview Lake Rd, Newton, NJ 07860



Parent Handbook

Dear Parent or Guardian,

Welcome to another exciting chapter in the life of your family! I say this because when a child goes off to camp, everyone in the family grows from the experience, not just your courageous camper!

You already know that camp presents a tremendous opportunity for your child to widen horizons, make new and lasting friends, and discover new strengths. After all, you wouldn't be sending your child to camp if you didn't think it would add substantially to their growth and development. And although camp can help your child learn a better backhand in tennis, acquire a stronger stroke in swimming, or improve a skill in just about any physical endeavor, the true payoff of camp will be apparent when your child comes home more self-reliant, self-sufficient, and self-confident. What a gift to give to your child!

So even though you know about all the social and emotional benefits that a quality camp experience can bestow on your child, don't be surprised if as a parent you have mixed feelings about this opportunity. Most parents do! After all, nothing takes more trust than giving your child over to the care of other adults. Finding this trust, letting your child see that trust and letting your child go off on his or her own adventure with your blessing takes courage! It is also why I say you, as a parent, will grow from the experience of camp, too!

So take comfort in knowing your child is about to enter a safe place that will help him or her widen horizons, develop greater coping skills, and become more resilient—just as it will you!

Throughout the entire experience, please do not hesitate to contact us with any questions or concerns you may have.

We are looking forward to spending our 103rd Summer with your family.

Yours in camping,

Jeremy Culpepper

Jeremy M. Culpepper

Director of Summer Programs

3/7/2018

Key Information

KEY TIMES & DATES

ALL ARRIVAL DAYS - Check In Time: 1:00 – 3:00 PM

DEPARTURE DAYS - Check Out Times: 9:00 – 11:00 AM

Counselors in Training Check in Time 8:00–9:00 AM

Counselors in Training Check out Time 11:00AM–1:00PM

- **NO PETS- Please do not bring your pet to camp with you when picking up, dropping off, or visiting your camper**

VISITING DAYS:

Sunday, July 15th from 10:00 AM – 3:00 PM

Sunday, August 5th from 10:00 AM – 3:00 PM

*Counselors in Training 3:15PM – 9:15PM

CONTACTS & MAIL INFORMATION

Director of Summer Programs:

Jeremy M. Culpepper

Executive Director: Bob Kahle

Camp office: Michele, Sam, and Debbie

Phone 800 686 1166 Fax 973 383 6386

E-mail: fairviewlake@metroymcas.org

Send mail to your child as follows:

Child's name, cabin # (you will get upon arrival)

Fairview Lake YMCA Camps

1035 Fairview Lake Road

Newton, NJ 07860

PAYMENTS

Please get your payment in by June 1st or we will both have to do something neither of us will enjoy:

We have to charge you a \$50 late fee.

You have to pay the \$50 late fee.

Arrival Day

Check-In is 1pm to 3pm

*Counselors in Training Check-in Time

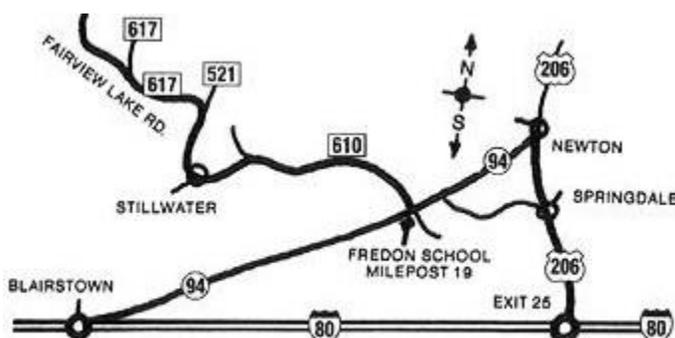
8:00-9:00 AM

Check-In takes place at the Dining Hall or the Main Office. Each Unit will be designated by a sign, while staff will be available to assist in pointing you in the right direction. For the most efficient check-in experience, please use this process:

1. Check-In with the CIT's at the camp gate to receive a Check-In Day flier and map, and to find out where to check-in.
2. Parking instructions will be given at the camp gate upon arrival.
3. Check-In with Unit Leaders.
4. Follow signs for Health Checks. This will also be where you can meet the Nurse and give them your camper's medication (if any).
5. Go to Trading Post (optional).
6. Using the map given to you when you arrived, locate your cabin and drive slowly up to the cabin to move-in.
7. Talk to your camper's counselor(s), tell them anything you think they need to know. Ask them any questions you may have. **Please note: If you have administrative questions, please direct them to the Main Office or the Director of Summer Programs.**
8. Head home knowing that your child is about to have the most amazing experience of their young life!

Driving Directions

Take Route 80 West to Exit 25. Route 206 North - it is exactly 12.3 miles from the start of the exit ramp to Newton town square. Get in the left lane at the square and make the next left (other side of the square) on Route 94 South. Go 3.5 miles to the first traffic light. Turn right onto Route 610 West. After 1.8 miles you'll come to a "Y" in the road - bear left (staying on Route 610). Go 2.0 miles into Stillwater. Bear right around the Presbyterian Church (on the right) and go 3 tenths of a mile making the second left onto Fairview Lake Road. Go 4 miles (staying straight past the dead end sign) to our entrance which is on the left. Families coming from points North or West, please consult a road map and follow above directions from Stillwater.



Visiting Days

July 15th and August 5th 10am-3pm

***CITs 3:15pm-9:15pm**

Visiting Days are an opportunity for parents to visit their campers during their stay at camp. Families have the option to check their camper out of camp for the day, or enjoy a day of activities, which starts with a 10AM program followed by a 10:30 brunch. If you are unable to join us on the scheduled visiting day, please call us before visiting as your child may be on a trip. *Counselors in Training (CITs) will be supporting the Visiting Day program and therefore, will have a 3:15pm-9:15pm Visiting Day.

- **NO PETS- Please do not bring your pet to camp with you when picking up, dropping off, or visiting your camper. (Due to the possibility of other guest's allergies and fears)**

Departure Day

Check out is 9am to 11am

*Counselors in Training Check-out Time 11:00AM-1:00PM

Talk to your Child's Counselors

This is the best way to get first-hand feedback regarding your child's experience from the counselor's perspective. In addition, you will be sent a camper evaluation for your child shortly after their departure.

Picking up Medications

Please ensure that all medications/medical supplies are with your child before departure.

Lost & Found

Each summer, we end up with a significant amount of lost items. Putting your camper's name on their belongings and helping them know what has been packed for them is the best way to minimize loss of items. Prior to your camper's departure from camp, please check lost and found by the office.

Post Camp Communication

Please note that any communication with campers and their families will occur through our office. It is our policy that staff do not communicate directly with campers or visit them outside of YMCA programs. Thank you for respecting and understanding this policy.

Health Services

The Fairview Lake Health Center is centrally located in the main area of camp and is stocked with first aid supplies and emergency medical equipment. A licensed medical professional with advanced medical training is on-duty 24 hours a day.

Sun Protection

To ensure that your child is protected from the sun during their stay at camp, it is **MANDATORY** that all campers bring with them the following items: Sun block–SPF 30 or higher/broad spectrum/waterproof; Sun glasses and hat/visor; 1–2 UV protective/rash guard shirts. If your child is sensitive to the sun, please indicate this on their health form and provide the counselors and nurse with your preferred protection plan.

Immunizations

Each camper must have all immunizations as required by law and/or deemed necessary by your family doctor.

Every child must be within the protection period of an up-to-date tetanus booster at the time he/she attends camp.

Medications

If your child will be bringing **ANY Medication** to camp (**over-the-counter, prescriptions, and vitamins**) your family doctor must include specific instructions on the health form. **All medications must be in original containers** and must be under the supervision of the Camp Nurse. Each child who comes to Fairview Lake Camps is unique and is treated as an individual. Time at Camp is short so our camp leaders need as much assistance as parents are able to provide in order to get to know campers. Whatever your child's special needs or concerns, we ask that you partner with us to ensure your child has the best possible camp experience. Our ability to accommodate and meet the needs of your child is directly related to the information you provide.

Illness or Emergencies

Camp personnel will contact you or other designated emergency contact if your child requires the services of a physician. It is your responsibility to schedule an appointment and transport your child to a physician of your choice. If a camper requires hospital emergency room treatment, camp personnel will contact you or other designated emergency contact.

Medical Bills

All medical bills are the responsibility of the camper parent or guardian. Camp does not carry medical/accident insurance for individual campers.

What to Bring to Camp

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Clothing

Be sure to provide proper clothing for rainy days and footwear for hiking. All clothing and equipment must be clearly marked with the camper's name. Visit www.sterlingnametape.com for name tags and more. A **packing list** for your program can be found on our website. If you bring a trunk, it shouldn't be more than 18" high to be able to fit under the bunk. A list of the things sent to camp taped to the inside of the trunk may be helpful when packing for home. Marked articles which are turned in at "Lost and Found" after the camper's departure will be held for a limited time, if possible. All lost and found will be donated September 30th.

Laundry

All campers enrolled in two or more weeks will have their laundry done at no extra charge. Campers should pack two-weeks worth of clothing. Emergency laundry will be done as needed.

Please send a laundry bag with your child.

Optional Items

Musical instruments are welcome and can be used during leisure hours and for regular camp programs. Campers wishing to roller blade or skateboard must bring their own equipment, including helmet and pads. We encourage campers to bring small games with the exception of handheld electronic games. Remember to put your name on everything. A power strip (no extension cords) should be brought for hairdryers and such.

What NOT to Bring to Camp

Cell Phones

Fairview Lake YMCA is a cell phone free facility. Cell phones are expressly prohibited and will be confiscated and held in the administration office until departure.

Aside from the fact that cell phones are expensive and can get lost or stolen and that the physical camp environment is not kind to such items, there is a fundamental problem with campers having cell phones at camp, and that is trust. When children come to camp they—and you—are making a leap of faith, transferring their primary care from you as their parents to us and their counselors. This is one of the growth-producing, yet challenging aspects of camp. As children learn to trust other caring adults, they grow and learn, little by little, to solve some of their own challenges. We believe this emerging independence is one of the greatest benefits of camp. It is one important way your children learn to become resilient. Contacting you by phone essentially means they have not made this transition. It prevents us from getting to problems that may arise and addressing them quickly.

We fully respect and appreciate the relationship you have with your campers. We agree to tell you if your child is experiencing a challenge in their adjustment to camp. You can help by talking with your child before they leave for camp and telling them that there is always someone they can reach out to, whether it is their counselor, a trusted activity leader, the Unit Leader, or even the director or camp health care provider.

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Electronics

Please note the camp insurance policy does not cover personal items. Many things can happen to iPods, cameras, etc. while at camp. We strongly urge you to leave these valuables at home. If you decide to send your child with these things, please consider the risks. Camp is not responsible for anything that may happen to them.

Other Items NOT to Bring

- Money
- Bicycles (unless participating in a program that requires the use of a bicycle)
- Weapons (ETC campers are permitted to bring one pocket knife)
- Expensive Items
- Drugs and Alcohol
- Extension Cords

If you have any questions about whether you can or cannot bring something to camp, please contact us prior to your arrival

Communicating with Your Camper

Mail- Incoming and Outgoing

Letters are important in Camp; plan to write often. When writing to your child, be cheerful, talk about home, friends, and activities matter-of-factly. Ask questions about Camp that will let your child know you are really interested in what he/she is doing. This will also encourage the writing of letters home. Sending your child with self-addressed envelopes will aid in a returned message home! Address all mail as follows:

CHILD's NAME, Cabin #
Fairview Lake YMCA
1035 Fairview Lake Road
Newton, NJ 07860

***If you are writing to campers enrolled in ETC or Ranch, please write their program name rather than cabin number on the envelope.**

Packages

Packages can be fun for campers to receive at camp. Suggested items to send a camper are a book, magazine, stationary, markers, deck of cards, etc. Too many packages become disruptive. Other campers may feel envious and extra items add to the clutter in the camper cabins. Please coordinate package sending with other families and friends.

Phone Calls

Campers cannot receive or make calls while at camp, unless authorized by Director of Summer Programs (i.e. emergencies). If you wish to learn how your child is doing, please call and ask for the Unit Leader. If a camper insists on calling their parents, the Unit Leader will contact the parent to inform them and make arrangements, if necessary. **Fairview Lake YMCA is a cell phone free facility. Cell phones are expressly prohibited and will be confiscated and held in the administration office until departure.**

Social Media

Fairview Lake maintains a Facebook page and Instagram account, which are used during Summer Camp to post daily photos and occasional videos. Through this platform, parents can get a glimpse of what is happening at camp.

Birthdays at Camp

If your child's birthday takes place while they are at camp, we celebrate with singing and a cake for the cabin group to share

Behavior and Discipline at Camp

Summer camp is a privilege for children. It is a vision of Fairview Lake to provide a welcoming atmosphere and a sense of home for all of our campers.

Bullying

In order to ensure that everyone has this positive experience, we want all of our camp families to understand that the physical and emotional safety of each of our campers is our number one priority. Therefore, at Fairview Lake YMCA Camps, **bullying is inexcusable and is grounds for immediate dismissal from camp.**

Bullying comes in many forms. Throughout the summer, we work with our staff to identify and stop any incidents that may occur. We understand that boys and girls bully in different manners and that the physical bullying that boys sometimes use (pushing, hitting, kicking) often pales in comparison to the emotional bullying and exclusion that girls use (teasing, gossiping, taunting). Each session of summer camp we work within the cabins and as a camp to set the expectations of how each of the campers wants and can be expected to be treated. We are committed to offering a program that helps campers to see the "common ground" they all have. We know the best way to reduce bullying is to create a positive atmosphere from the start!

We have designed our schedule to provide many opportunities for cabin unity and understanding. Each year our campers tell us that one of the most special things about Fairview Lake is that it is fun and a safe place where they can come as who they are. Our policy is not in reaction to a problem at camp, but rather a proactive approach to offering a wonderful experience to each of our campers.

We encourage you to let us know about particular concerns that you have regarding bullying or other incidences at camp. We know that with excellent staff training and follow through, solid communication regarding our expectations to campers, and a strong partnership with parents that we can be successful in managing this issue.

We ask that you take the opportunity to discuss appropriate and inappropriate behavior with your camper prior to arrival. In addition, your family should understand our approach to discipline at Fairview Lake.

Behavior and Discipline at Camp cont...

Discipline at Camp

Here at Fairview Lake, we stress the need for each child to take personal responsibility for her or his own actions. In addition, we believe that Parent/Guardian cooperation is vital to the successful implementation of our discipline policy.

In the event a child is having trouble following the rules of the program, one of the camp directors will talk with the parent/guardian to decide how best to deal with the situation. It is at the discretion of the Director of Summer Programs' to determine disciplinary action including expulsion from the program.

Examples of unacceptable behavior that warrants a report are:

- Being rude or disrespectful to staff and other children, including the use of offensive language or gestures.
- Bullying
- Refusing to follow basic rules of safety, including sneaking out of cabins at night
- Stealing
- Defacing camp property.
- Physically harming another camper or Fairview Lake Summer Camp staff member.

A family will be required to withdraw their child/children from the program if their actions are disruptive to the experience of the other Fairview Lake participants.

Depending on the severity and frequency of behavioral issues one or more of the following actions will be taken:

1. A verbal warning from Fairview Lake staff
2. Temporary removal from activity, and a phone call from the Unit Leader with parent to discuss situation
3. Expulsion from program without a refund

Homesickness

Occasionally, children do feel homesick particularly if it is their first time away from home. You can be helpful in preventing homesickness in the following ways: Talk about the forthcoming stay at camp with enthusiasm. Do not encourage problems by talking about how he/she will be missed. Let your child know your confidence in him/her. Camp is a happy experience - a part of growing up - for which you feel he/she is ready. Do not promise to come for him/her if they experience homesickness. If your child is experiencing problems with homesickness, we will call you. Chances are by the time a "homesick letter" has reached you, the problem is resolved. Please trust our judgment in this matter.

Traditional Camp Off-Site Trips

Kittatinny & Laurel Ridge campers (grades 5-10) have the opportunity to sign up for 3 off-site trips during each session. Each trip takes place separate from the other. Reservations are on a first come/first served basis and all trips are limited, so return the TRIP FORM, or register online through Member Link. Spending money is not necessary for any of these trips. A waiting list will begin after we reach maximum enrollment. **PLEASE KNOW ALL TRIPS ARE *NON-REFUNDABLE* DUE TO OUR CONTRACT WITH THESE VENDORS.**

Camelbeach Waterpark - \$60

Check it out at www.camelbeach.com.

Camelbeach has 22 water slides, a wave pool, a 1000 foot long river adventure, an interactive play zone, and bumper boats to ensure that everyone will have a great time!

White Water Rafting - \$60

Beginning rafters to high water adventure seekers can enjoy a fun filled day of whitewater rafting on the Lehigh River in Pennsylvania. Professional guides and Fairview Lake YMCA lifeguards will lead us on a great adventure.

Sussex County Fair

As a camp group, we will participate in the Sussex County Fair on the following dates:

August 3, 2018- CITs, Kittatinny, Laurel Ridge, Minisink, and Ranch campers that are at camp during this time.

The cost of this trip is included in your camp tuition and \$25 spending money will be given to your child. However, Parent/Guardians can use the Trip Form to add additional money for your child to have for the fair.

Additional Information

Trading Post

As part of the registration process, you will be asked to complete an optional Trading Post form. The amount you add into the Trading Post account will depend on how long your camper is staying. For example, it is recommended that \$35 is placed in the Trading Post account for a 1-week program. Please note that the money in the Trading Post account is used solely for souvenirs. Snacks from the Trading Post are included in the tuition rate, and campers are limited to one snack and one drink per day. Campers have the opportunity to visit the Trading Post twice a day.

Cabin Assignments

Placement within a cabin group depends on school grade, age and interests. We will attempt to honor all bunk-with requests. Placing too many friends in the same cabin disrupts the social interaction of the group and leaves those who do not already know others at a real disadvantage. Cabin assignments will be given upon your child's arrival.

Transportation

We offer transportation to and from camp from NYC and from New York City Airports for an additional fee every camp session during the summer. Please contact the camp office for more information and to register. Prior registration is required.

Holdovers

Campers staying multiple back-to-back sessions, you will have the option of being brought home for the day between sessions or staying at camp and participating in our Holdover programming. If you choose to participate in the Holdover programming, you must register for this in advance (there is an option on the registration form, or you can call the camp office to register). There is a fee of \$75 for the Holdover program.

Religious Services

A non-religious reflection service open to campers of all denominations, is held every Sunday at camp. Grace is sung before each meal. The individual religious faith of each child is respected.

Tipping

The policy of the American Camp Association, the YMCA and Fairview Lake Camps forbids tipping of any employee. If you wish to express your appreciation in a material way, we invite you to join our "Annual Campaign" by making a contribution to our Campership Fund (you can make the donation in the name of the counselor).

Pets

Please do not bring your pet to camp with you when picking up, dropping off, or visiting your camper

Payments

Please get your payment in by June 1st or we will both have to do something neither of us will enjoy:
We have to charge you a \$50 late fee.