

**DAY CAMP
SUMMER 2024**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CAMP ROUND ROCK

CAMP HANDBOOK

Camp Information

Address: 100-298 E Old Bowman Rd.
Round Rock, TX
Phone: 512-615-7836
Text: 512-886-9938
Email: campr@ymcactx.org
Website: www.ymcactx.org

YMCA Mission

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

Day Camp Mission Statement

To build stronger campers by creating opportunities in the outdoors for personal growth and character development.

Core Values

Caring, Honest, Respect, Responsibility, and Faith

Day Camp Leadership

Vali Martin

Associate Executive Director
E: vmartin@ymcactx.org
P: (512) 615-5536

JC Wagner

Day Camp Director
E: jcwagner@ymcactx.org
P: 512-615-7826

Camp Registrar

E: campr@ymcactx.org
P: (512) 615-7836
Text: 512-886-9938

SUMMER

CAMP

A NOTE FROM OUR CAMP DIRECTORS

Dear YMCA Camp Round Rock Families,

YMCA Camp Round Rock is a place designed for KIDS. Everything that we do at camp is done intentionally, with our campers' needs in mind. We want Day Camp to be more than just fun; we want it to be a place where all kids can grow, learn, and connect with one another in a safe space.

We believe that kids need summer camp now more than ever. These days, kids spend so much time inside in front of a screen and not nearly enough time outdoors. At YMCA Camp Round Rock, your child will spend adventurous days outside, unplugged from electronics, in a safe natural environment with our incredible, passionate staff. They will have the opportunity to make new friends, develop independence, build their self-esteem and, most importantly, PLAY.

Here at YMCA Camp Round Rock, we have created an inclusive camp community where each camper is valued and celebrated for who they are. We work to ensure that every camper, regardless of income, faith, gender identity, race, ability or background, has the chance to experience summer camp and all its magic.

We thank you for allowing your child or children to join the YMCA Camp Round Rock community this summer.

See you at camp!

Sincerely,

Vali Martin
Associate Executive Director

JC Wagner
Day Camp Director



Camp Staff

An amazing summer camp experience doesn't just happen by accident. It is created by our energetic and enthusiastic camp staff. Our dedicated and well-trained staff aim to make the summer camp experience memorable and magical for every camper. Each of our camp staff understands that they were chosen to be positive role models and embrace our Camper First philosophy.

All of our day camp staff are CPR and First Aid certified and are required to attend training sessions that include topics such as safety around water, behavior management, bullying prevention, child development, camp counseling techniques, and child abuse prevention.

All staff are subject to a criminal background check, drug testing, and reference checks.

How Day Camp Works

Units & Group Assignments

Campers are assigned to a unit based on the school grade they will be entering in the Fall of 2024. We do our best to honor Buddy Requests whenever possible. In order for us to accommodate a Buddy Request, it must be a mutual request.

Units & Color

K & 1st Grade	Tenderfoot	Green
2nd & 3rd Grade	Navigator	Pink
6th-9th Grade	Voyager	Blue
5th-9th Grade	Super Camp	Red

Unit Locations Within Camp

Unit locations are marked by color-specific camp flags. All unit locations are placed separately throughout camp. All unit locations except Super Camps are located outdoors. Super Camps will be located in the Program Center Building.

TABLE OF CONTENTS

- Pg. 4 Communication
- Pg. 5 Drop-Off and Pick-Up
- Pg. 6 Check-In & Check-Out
- Pg. 7 Early Pick-Up/Late Drop-Off
- Pg. 8 Daily Schedule
- Pg. 9 Preparing for Camp
- Pg. 10 Camp Policies
- Pg. 11 Behavior Policies
- Pg. 12 Behavior Steps & Bullying
- Pg. 13 Dealing with the Heat
- Pg. 14 Payment Schedule
- Pg. 15 Lunch at Camp

Weekly Communication

Daily, you will have the opportunity to speak with the Unit Coordinator or Assistant UC at Check-In and/or Check-Out.

Each Friday before your camper attends, you will receive a Welcome email to inform you of the activities available at camp and important reminders for the week.

You are welcome to call the Camp Office at anytime if you have a question or if you need to leave a message for a Unit Coordinator. The Camp Office number is 512-615-7836.

Caregiver Communication & Commitment

We value the active involvement of caregivers in our program and view it as essential to the success of our program. Our goal is to partner with our camper caregivers to help build stronger campers and create an emotionally and physically safe camp environment. Cooperation with all policies, procedures and communication between staff and caregivers are crucial in order for us to achieve these outcomes.

YMCA Camp Round Rock holds each parent/guardian to the expectation that they will conduct themselves appropriately at all times while at camp. Inappropriate language, conduct, or sexual harassment toward any participant or staff in our program will not be tolerated from parents, family members or other persons picking up your child. Behavior that indicates the influence of drugs or alcohol may require that Y personnel contact the authorities to ensure the safety of your children.

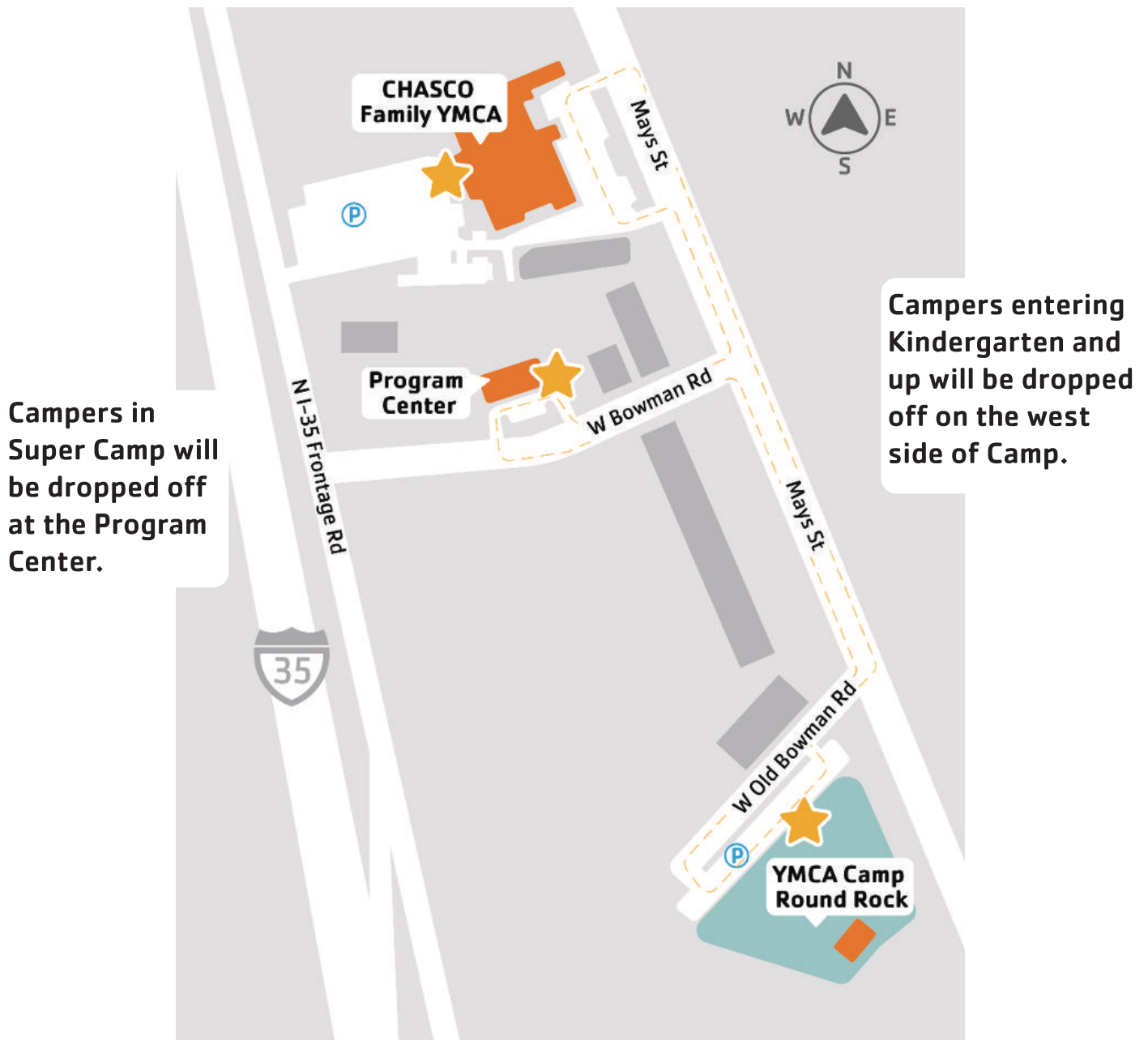
Emergency Procedures

YMCA Camp Round Rock is fortunate to have such a beautiful and natural outdoor space where we can operate our program. Being an OUTDOOR CAMP, we plan to run activities rain or shine as long as it is safe to do so. Please know that your campers may come home dirty, tired and a little wet or muddy on rainy days. We continually monitor the weather conditions including rain, storms and heat index to properly adjust the camp program for the safety of all campers.

We have practiced emergency drills, have ample storm shelters and have taken measures to provide shade, water and cool air at camp. When weather alters the camp activity schedule, it is possible that your camper may miss a favorite activity and this is regrettably unavoidable.

In the event of inclement weather, we will communicate with parents via text using Heymarket. Our Heymarket number is 512-886-9938.

DROP-OFF & PICK-UP



- **Drop-Off runs from 7:00–9:00am**
- **Pick-Up runs from 4:15–6:00pm**
- Camp programming takes place from 9:00am–4:15pm. If you need to drop-off or pick-up during this time please see page 7 for more information
- The **SPEED LIMIT** through camp is 10 MPH
- Persons picking up children from camp must be listed in registrations forms as an authorized pickup and present valid ID.

Drop-Off

7:00-9:00am

Drop-Off begins each day at 7:00am and ends at 9:00am. Camp staff will greet you, check your camper(s) in electronically and give you directions to your camper's unit. Campers are dropped-off on different sides of Camp Depending on if they are super or regular camp.

Drop-Off Location Based on Grade in the Fall of 2024

K-8th Grade Westside of CRR (298 West Old Bowman Rd.)

Super Series Program Center (West Bowman Rd.)

Super Series includes: Super STEAM, Super Sports, Super Gymnastics

We ask that parents please remain in their vehicles while dropping off and picking up campers so that traffic keeps moving.

PLEASE follow all directional signs at camp and keep your vehicle speed below 10 MPH for the safety of all of our campers and their families.

Adding Authorized Pickup

If you need to add a new adult to your authorized pickup during a week of camp, log into your Daxko account and click on the Add Authorized Pickup button at the top of the page. Then please email campr@ymcactx.org to let us know you added an Authorized Pickup.

This adult must present a valid Driver's License at Check-In or Check-Out to receive their PIN Number.

Pick-Up

4:15 PM - 6:00 PM

Check-Out follows a similar procedure as Check-In.

Only authorized individuals with a ID will be able to check-out a camper.

- All authorized individuals must be at least 18 years of age.
- Under no circumstances will your child be allowed to leave the program with an unauthorized person. Any change in family status which impacts authorized parties for pick-up will require official documentation from proper authorities.

Please note: It is our responsibility to see that your child leaves with the appropriate person each day. We may ask for photo identification at any time. Please do not be offended. This is done with the camper's safety in mind.

Car Pool Line Tent

Location of the Info Tent

The Information Hut is located on the **Westside** of Camp Round Rock (298 West Old Bowman Road). As you enter the parking lot look for the pop up tent with a table and chairs near the fence. If a staff is not present at the Information Hut, please **text 512-886-9938**.

4 Reasons to Visit the Info Hut

1. Late drop-off or early pick-up.
2. Dropping off any items that you may forgotten after your child has already been dropped off.
3. Registration, Authorized, or other issues.
4. Medication Drop-Off with the Camp Health Officer.

Late Drop-Off & Early Pick-Up

Late Drop-Off

If you must drop-off your camper AFTER 9:00am you will need to go to the Info Tent to check them in. A YMCA staff member will then deliver your camper to their unit. Please keep in mind that the camp day begins at 9:00am and late campers may miss some fun parts of the day.

Early Pick-Up

If you need to pick your camper(s) up before 4:15pm, please let us know as early as possible by doing any of the following:

- Send a text to 512-886-9938
- Calling the Camp Office at (512) 615-7836
- Sending an email to camprr@ymcactx.org

We ask that you please contact us at least 60 minutes prior to when you anticipate picking them up so we can have them ready for pick-up at the Info Tent. Early pick-up ENDS at 3:30pm. Regular check-out begins at 4:15pm.

Though we are happy to accommodate occasional early pick-up for appointments, try-outs and visits with Grandma, please respect that our counselors and campers are busy over a 50-acre site having day camp adventures. Our program day runs 9:00am - 4:15pm. If this does not meet your ongoing needs, we are happy to recommend a half day camp program that may better suit your schedule.



DAY CAMP



Daily Activity Schedule

Time	Activity
7:00-9:00	Camper Check-In & Drop-Off
9:00-10:00	Activity Period 1 & Snack
10:00-11:00	Activity Period 2
11:00-12:00	Activity Period 3
Noon-1:00	Lunch
1:00-2:00	Activity Period 4
2:00-3:00	Activity Period 5
3:00-4:00	Activity Period 6
4:15-6:00	Camper Check-Out & Pick-Up

Trading Post

Campers will visit the Trading Post at least once each week. Here, they will have the option to purchase snacks, drinks, and souvenirs. Parents can add money to add money to their camper's Trading Post account through Daxko. We recommend adding between \$5 and \$10 to a camper's Trading Post account per session. This is not mandatory, as each camper receives two snacks per day.

At the end of the summer we will refund any leftover Trading Post funds if the balance on the account is greater than \$5. If the balance is less than \$5.00, the remaining funds will be donated to our Strong Kids Annual Campaign.

How to Add Funds to Trading Post Account

All you need to do is ensure there is money on your Daxko account, and your child will be able to use it every time your kid goes to this spot.

Login Camp-In-Daxko

What to Bring to camp

- Water Bottle
- Spray Sunscreen
- Bathing Suit
- Towel
- Lunch
- Ice pack for lunch
- Closed Toe Shoes
- Backpack
- Hat
- Change of Clothes

Preparing for Camp

Attending day camp is exciting for both campers and their caregivers, but it can also be a bit scary. It is very natural for caregivers and children to be a bit anxious about adopting new daily routines, trying new activities and meeting new friends. We want to familiarize you and your camper with our procedures to minimize "first day anxiety". YMCA Camp Round Rock has well-trained staff that are pros at helping campers make friends and feel welcome while at camp.

Lost & Found

Our staff do their best to make sure that campers go home with everything that they brought with them. However, sometimes things go missing at Camp. Our Lost and Found is located on the porch of Frontier Lodge. You are welcome to stop by Lost and Found during check-in or check-out. Lost and Found items will be kept for 2-weeks and then will be donated.

Please label all of your camper's belongings with First and Last name!

What NOT to Bring

YMCA Camp Twin Lakes is an **ELECTRONIC FREE** Camp. Cell phones, handheld electronic games, and tablets are not allowed at camp. Please leave these items at home.

And of course; firearms, knives, fireworks, matches, lighters, alcohol, e-cigarettes and tobacco products are prohibited. The YMCA is not responsible for lost or stolen items, BUT we will do our best to keep your camper connected to the things they bring to camp.

Appropriate Dress

The camp dress code gives flexibility for hot summer fun but should also be modest so that when climbing, running, and playing, children and staff are not embarrassed. Swimsuits must be covered except when at the pool or lakefront and we have a **NO** flip-flops policy due to the terrain. Clothing that portrays inappropriate behavior, violence, drugs, or offensive language is also prohibited.

Packing for Camp

- Appropriate clothing for play and weather.
- Closed-toe shoes, preferably sneakers.
- (NO sandals or crocs please!)
- Swimsuit and towel.
- Refillable water bottle.
- Backpack to hold their items.
- Small, cooler-type lunch box with a healthy and hearty lunch, unless your camper is signed up for the Lunch Program.
- Sunscreen (SPF 15 or higher). Don't forget to apply before arriving. Counselors will supervise the application of sunscreen throughout the day, but are unable to apply sunscreen unless it is in spray form.

Pro Packing Tip: Label everything with the camper's first and last name.

Policies for Protection

Illness

If your camper is ill we implore you to keep them at home, both for their sake and for the sake of the other campers. It is our policy to send campers home that have flu-like symptoms, conjunctivitis (pink eye), head lice, fever or any other untreated communicable condition.

Accident

If an accident or injury should occur during program hours, the Camp Health Officer/Medic or Camp Director will notify the parents/guardian immediately.

Medication

Any medication to be administered to your child by the Y staff must:

- Be given to the Camp Health Officer/Medic by the parent or guardian on the first day of camp at the Medic's Station.
- Be in the original container. The original container must be labeled with the child's name, date, directions and the physician name.
- Be accompanied by the "Camp Medication Dispensing Form" with the time and dosage medication is to be given. This form must be filled out by the parent/guardian in order for our staff to administer medication. The Camp Medication Dispensing Form will be made available at the Medic's Station.

If the medication is to go home with the child at the end of the day/week, it is the parent's responsibility to pick it up from the Medic's Station.

Behavior Management

It is our goal for counselors, children and parents to work together toward cooperative behavior and a cohesive atmosphere. Staff will always notify parents of emerging difficulties and ask for assistance in behavior management.

Camper Behavior & Camp Culture

Camp often requires an adjustment period in which our unit groups and larger camp community learn how to get along with others, learn what is acceptable (behavior, language, physical action and attitudes) and what is not, and to develop appropriate communication techniques. To facilitate this process, Camp Staff spend time having campers set "Group Expectations" so they can discuss behaviors and attitudes that will create a successful week. These expectations usually include things like: respecting private property, positive and clean language, keeping your hands to yourself, etc. Various age groups will define them differently but all will come under building an atmosphere promoting respect, responsibility, honesty and caring.



Day Camp Behavior Policies

Behavior Contract

The goal of our Day Camp program is to create an emotionally and physically safe environment where our campers can grow, make friends, have fun and develop a sense of belonging. In order for this to be possible we have set certain expectations for our campers and their behavior. Please discuss the following expected behaviors with your camper or campers.

Appropriate Language and Conversation: Campers should always use positive, clean language and have discussions that are appropriate at camp. Swear words and obscene gestures are not Camp Appropriate. If you would not feel comfortable talking to your grandmother about a topic it is most likely not Camp Appropriate.

Caring: It is important to use and care for equipment, toys and games properly so that other campers can enjoy them. We will care for the property of the YMCA, of other campers and of YMCA staff.

Play: Camp is meant to be fun. We encourage our campers to participate in all activities, but we will also respect a camper's decision to opt out of an activity if they are not feeling up to it.

Respect: We ask that campers listen to and follow the directions of the Camp Staff. Being a respectful listener is an important life skill and it helps keep everyone safe.

Sticking With Your Group: Campers need to remain with their group at all times. They should always be able to see their counselor and hear them.

Violence: YMCA Camp Round Rock is violence and bully-free zone. We just don't do that here.

All campers are entitled to a positive and memorable camp experience. Therefore, the YMCA may be unable serve children who display chronic disruptive behavior. This is an unfortunate reality due to the size and nature of our program. Chronic disruptive behavior is defined as "verbal or physical activity which may involve, but is not limited to, behavior that requires constant attention from the staff, inflicts physical or emotional harm on other children, abuses the staff and/or ignores or disobeys the rules that guide behavior during the day at camp."

If an incident occurs where a camper conducts him/herself in a manner that jeopardizes their safety, the safety of others, or is not in accordance with the mission of YMCA Camp Round Rock, the counselors will use these corrective techniques:

- Remind them of our behavior expectations and help them understand why we have these expectations.
- Value mistakes as learning opportunities.
- Redirect children to more acceptable behavior or activities.
- Make eye contact and actively listen when children talk about their feelings and frustrations.
- Guide children to resolve their own conflicts and model skills that help them to solve problems.
- Use effective praise that is immediate, sincere and specific.
- State direction in a positive fashion.

Day Camp Behavior Policies

Behavior Correction Steps

When behavior that is inconsistent with our policies and expectations occurs, the following steps are taken:

1. **Warning:** Counselors address the behavior with the camper, helping the camper to understand our expectations and to create an action plan for improvement. Unit Leadership will discuss the incident with caregivers at pick up or by phone. Together Unit Leadership and caregivers can brainstorm ways to correct the behavior. Caregivers will be made aware of next steps if behavior continues.
2. **First Violation:** The camper will meet with Camp Director and Unit Leadership. Unit Leadership will contact caregivers immediately following the incident. The camper's behavior will be documented and the camper will receive a write-up. Depending on the violation, a caregiver may be asked to pick the camper up as soon as possible.
3. **Second Violation:** The camper will receive a second write-up and a caregiver will be asked to pick the camper up as soon as possible. Depending on the violation, the camper will be suspended from camp for 1 to 3 days, without a refund.
4. **Third Violation:** If behavior persists, the camper may be removed from the program for the remainder of the summer season. Any and all terminations will be at the discretion of the Camp Director. No refunds will be provided. Depending on the severity of the incident, the camper may be suspended or terminated from camp on the first violation per the Camp Director's decision.

Our Stance on Bullying

YMCA Camp Round Rock is a bully-free camp. Bullying another person verbally or physically goes against everything we are trying to accomplish in our program. Our camp philosophy is based on the belief that every camper deserves the opportunity to grow personally, develop a positive self-image, feel safe, feel confident, make new friends and go home with great memories. Bullying is counterproductive to this philosophy.

Bullying is when one or more people exclude, tease, taunt, gossip, hit, kick or put down another person with the intent to hurt them. Bullying happens when a person or group of people want to have power over another person and use this power to get their way, at the expense of someone else.

Bullying can also happen through cyber-space, through the use of emails, text messaging, instant messaging, social networks and other less direct methods. This type of bullying can also lead to a person being hurt during or between the camp seasons.

We fully feel that every camper has the right to have the best possible experience at camp, and by working as a team to identify and manage bullying, we can help ensure that all campers and staff have an incredible summer at YMCA Camp Round Rock. Thank you for choosing Camp Round Rock to be your partner in the summer care and education of your camper(s). If we can be of any assistance to you and your family, please feel free to contact us at 512-615-7836.

Heat Policy



We take the heat very seriously at YMCA Camp Twin Lakes. Our medical staff monitors the heat index daily and alert staff when heat index levels change. We use a colored flag system to indicate the heat index.

Flag System Color Codes

1. GREEN
2. YELLOW
3. RED
4. BLACK

Each color indicates a variation of activity that is balanced by shade and water. When BLACK FLAG is reached, camper activity is monitored closely and may be limited. Our younger campers may move into an air-conditioned space at this time.

All Unit areas and activity areas are equipped with ice water coolers that are filled routinely throughout the camp day.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
 EXTREME	EVENT CANCELLED EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED FOLLOW EVENTS OFFICIAL INSTRUCTION
 HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN/OBSERVE COURSE CHANGES/FOLLOW EVENT OFFICIAL INSTRUCTION CONSIDER STOPPING
 MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN/BE PREPARED FOR WORSENING CONDITIONS
 LOW	GOOD CONDITIONS	ENJOY THE EVENT/ BE ALERT

Water Activities

- Indoor Pool
- Indoor Splash Pad
- Inflatable Water Slide
- Water Games
- Slip-N-Slide
- Sprinkler Fun
- Zoom Flume

Beat the Heat

We ask that campers bring a few items from home to help them beat the heat:

- Water Bottle
- Hat
- Sunscreen
- Light Colored Clothing

Counselors remind campers continuously to drink water and to fill up their water bottles. We will also take frequent breaks so campers can reapply sunscreen.

PRO TIP #1: Apply sunscreen before arriving to camp each day.

Pro Tip #2: Show your camper where the Sunscreen is in their bag.

Lunch Add-On Program

Don't want to hassle with packing lunch everyday? We have got you covered! Campers signed up for the Lunch Add-On will receive a lunch prepared by the Camp Twin Lakes kitchen daily. Lunch menus will be posted on Bunk 1.

The Lunch Add-On costs \$37.50/week and must be purchased at least one week in advance. Lunch can be added using the QR Code below.



Sample Lunch Menu

Monday

Hot Dog
Chips
Beans
Pineapple Cup
Cookie

Tuesday

Turkey &
Cheddar Melt
Veggie Straws
Applesauce
Baby Carrots
Cookie

Wednesday

Hamburger
Chips
Broccoli
Mixed Fruit Cup
Granola Bar

Thursday

Cheese and Chicken
Quesadilla
Chex Mix
Corn
Grapes
Cookie

Friday

Chicken Nuggets
Carrots
Sliced Apples
Cheese Stick
Cookie

Kona Ice

Every Friday the Kona Ice truck comes to camp. We love ending the week with a cool treat.

All campers will receive Kona Ice for at no additional cost this Summer.



