



YMCA
CAMP JACKSON

— 2018 Parent Information Packet —

YMCA of Pueblo Campus
3200 East Spaulding Avenue Pueblo, CO 81008

YMCA Camp Jackson address:
PO Box #27 Rye, CO 81069

Questions & Camp Information
(719)-543-5151 Fax: (719)-544-3780

Camp Jackson Summer Office
(719)-489-3822

Email:
info@campjackson.com

Register online @
campjackson.com



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

DEAR PARENTS,

Thank you for registering your camper at YMCA Camp Jackson. Since 1916, we have offered high quality programming in one of the most beautiful locations in the country. Our values-based community promotes personal growth in a natural setting, without the distraction of technology.

This handbook is designed to help parents and campers prepare for camp and learn more about what Camp Jackson is all about. Please pay special attention to the forms, as there have been many changes since last year. To ensure a smooth check in process, forms and money are due one month prior to your camper's session. Thank you for your diligence.

Implemented this year is a New Camper Orientation offered at the YMCA of Pueblo on Sunday, May 20th at 4:00 pm. Come and meet the director and bring any questions you may have about Camp Jackson, our facilities and programs. We want you to feel as comfortable as possible with our camping process.

We look forward to seeing each of you this summer and appreciate the opportunity to impact the lives of your campers.

Sincerely,

Douglas Lauritzen

Douglas Lauritzen
Executive Director of Camping
YMCA of Pueblo



Important Information

CHECK IN

Check in time is Sunday afternoon from 2:00 – 3:00 pm. When you arrive at camp, visit the check in table for more information. Please plan to accompany your camper to his or her cabin, meet the counselor and ask any questions you may have.

PRESCRIPTION MEDICATION

Any medication that a doctor requires to be administered at camp must be in its original pharmacy container labeled with the name of the camper, name of the medication, dosage and frequency of administration. All information must match what is on the campers Health Care Exam and must be signed off on by the physician. All medications are kept in a locked storage facility and will be administered as prescribed.

OVER THE COUNTER MEDICATION

Your physician's written authorization is required to administer any medications not listed on our over the counter list. This includes any natural supplements and daily vitamins. The written authorization must match the medication provided for each camper.

CLOSING CEREMONY

We invite you to join us in a closing ceremony Friday night at 6:00 pm in Jackson Lodge. This will be a special time for parents to observe their campers interacting with new friends and counselors. Every camper is recognized with an award. Ceremony begins promptly at 6:00 pm.

CHECK OUT

Check out runs from 5:00 to 7:00 pm on Friday evening at Jackson Lodge. You must formally check out before departing camp. Campers will not be permitted to leave with anyone other than their parent or legal guardian unless an alternate pick up has been designated on the Authorization Form. During check out, any medications will be returned as well as remaining store monies and cabin photos.

HOMESICKNESS

Both our health supervisor and counseling staff are trained in helping campers overcome homesickness. Although uncommon, homesickness can affect a campers experience at camp if not handled with care and urgency. Parents will be contacted if the homesickness continues for more than 24 hours. Parents supporting the campers' decision to go to camp and meet their goals greatly affect the outcome of the campers staying for the remainder of the week.

BEHAVIORAL PROBLEMS

On occasion, campers have serious behavioral problems at camp. It is our policy to consult with parents on strategies for dealing with such situations. When the welfare of the camper, other campers or camp property is jeopardized, parents or guardians will be notified to pick up the camper from camp at their expense. Under no circumstances will a youth be removed from camp without the consultation and permission of the parent or guardian. All special concerns related to behavior, medications and diet should be noted on the Health Form. The Camp Director would be happy to discuss special needs with you personally; just call to set up an appointment. If your camper requires an aid at school, please call to set up an appointment with our Camp Director. We do ask that all campers be capable of functioning in a 2:12 staff to camper ratio. Special arrangements can be made available.

ILLNESS AND ACCIDENT

If a camper becomes sick or has an accident that is more severe than a stomachache, headache, cut or scrape, the camper's parents will be notified of the situation and care that is being offered. Parent's discretion will be honored as to the care of the youth.

ABSENTEES AND NO-SHOWS

If your camper will arrive late to camp, please notify the camp office before check in. If a camper does not show up at camp by 3:00 pm, camp staff will make every effort to contact the camper's contacts to determine the camper's whereabouts. We will continue trying until we reach someone and determine the cause of the no-show.

TRADING POST

During their stay, campers may purchase snacks, T-shirts, toiletries, souvenirs, and other miscellaneous items at the Trading Post using a camp bank account. We recommend \$15.00 to \$20.00 per week be deposited in your camper's account when you check in on opening day. Items campers purchase will be deducted from their account and the balance will be refunded on the closing day.

OUR CARING STAFF

The Camp Jackson staff is the very heart of our camp. They make our programs and care for your youth. We recruit a staff that can serve as proper role models for our campers. Our staff has much to give and teach our campers. Camp Jackson staff is safety conscious, enthusiastic, service minded, knowledgeable, inclusive and respectful of the environment.

TRAINING

Every staff member, regardless of position, is trained by experts in camping, youth development and outdoor recreation. This is very intense one week training. Training also includes certification from the American Red Cross in CPR, First Aid and AED as well as Child Abuse Prevention.

PETS

Please leave your pets at home! We ask that you please leave your pets at home on check in and checkout day. During check in, our staff members are very busy meeting and greeting campers. Dogs running around only lead to problems and less attention that we can give to our primary responsibility; your camper's happiness. We thank you in advance.

THINGS TO DO BEFORE CAMP

At least one month prior to your camper's first day of camp, all fees must be paid in full and the enclosed forms completed and returned to the YMCA of Pueblo. Failing to do so will result in the loss of your youth's place and your \$50 deposit. Since we have a waiting list for many camps, adherence to the one month policy will allow another camper to take advantage of these options. If you have any questions about your account, please call 719-543-5151.

CLOTHING AND PERSONAL BELONGINGS

Please be sure to mark all belongings sent to camp with your camper's name. Since campers spend the majority of their time outside, please do not send clothing that is expensive or new. All items on the clothing list included in this parent packet are important to camp. Lost and found items will be held at the YMCA of Pueblo until the end of August. YMCA Camp Jackson cannot be held responsible for any lost, misplaced or stolen possessions. For this reason, please do not send valuable or sentimental items to camp.

PHYSICAL EXAM

The Health Care Examination, included in this packet, must be completed and returned to the YMCA of Pueblo at least one month prior to your camper's first day of camp. Colorado Department of Human Services requires that every camper have, on file, a current physical form within the last 12 months. Please remember that ALL medications that your camper needs to have at camp MUST be listed on the Physician's form.

PLEASE DO NOT SEND

There are a number of obvious and not so obvious things that parents should not send with their campers. These items both take away from the camp experience and, in some cases, can put campers at risk.

- ➡ **ELECTRONICS** – Cell phones, ipods and electronic games are not a part of camp. Camp is a place for making new friends and interacting with your community. Electronic devices detract from that experience.
- ➡ **Food and Candy** – Although it is nice to send your youth to camp with fresh cookies or candy, it can lead to some real problems; namely, scavenging animals. Animals in camp can lead to both sickness and danger. We serve well-balanced, nutritious meals and have a well stocked store with goodies available every afternoon.
- ➡ **Money** – once you have put money in your youth's camp bank account, there is no reason to send additional money. Real money is of absolutely no use for a camper and only stands to get lost.
- ➡ **Knives or any other type of weapon.** These items are dangerous and can end up in the wrong hands. Please keep them home.

After years at camp, we have discovered that these items will always find their way into camp. On opening day, campers will be given the opportunity to "Brown Bag". The Brown Bag is a program designed for campers to place items that they want to turn in can be labeled and stored in a safe place until closing day. Items will then be returned. Campers are free to put anything they want into these bags, knowing that they will be returned at the end of their stay.



FOR FIRST-YEAR CAMPERS AND PARENTS

Sometimes the most difficult decision about a youth attending camp is not whether the youth wants to go, but whether mom and dad can be away from the youth for a whole week!

Here are a few suggestions from previous first year parents:

- ① Feel free to visit camp before your youth's session. Call in advance to arrange a tour.
- ② Contact the Camp Jackson office if you have any questions.
- ③ Send your camper a letter BEFORE their camp sessions begins. Letters take 3-4 days to reach camp.
- ④ Parents miss their youth, but try not to make this the emphasis of your letters. They will be happy to know how proud you are of them, but will be sad to know how much the family dog misses them!
- ⑤ Welcome your camper's new friends and have confidence in their judgment. Encourage your camper to pursue interests and skills they picked up at camp.

Telephone Use by Campers In general, campers are not permitted use of the camp telephone. For those on an extended stay, periodic telephone privileges can be arranged. If you need to contact you camper for emergency situations, please do so through the Camp Director at 719-489-3822.

THE "C" IN YMCA

Christian principals guide decision making and provide the leadership training and philosophy behind Camp Jackson and the YMCA of Pueblo. Outward signs include grace before every meal, character development, morning thought for the day and evening "vespers" time. People of all faiths are welcome and respected at Camp Jackson.

TRANSPORTATION

Transportation is provided from the YMCA of Pueblo to Camp Jackson for an additional fee. The bus leaves the YMCA on Sunday at 2:00 pm, arriving at Camp Jackson at 3:00 pm. On Friday, the bus leaves Camp Jackson at 6:45 pm and returns to the YMCA of Pueblo at 7:45. The YMCA of Pueblo closes shortly after drop off time, so please be prompt in picking up your camper. Please register for the bus by calling the YMCA of Pueblo.

TRANSPORTATION ORIENTATION

- Passengers remain seated at all times with hands and arms inside the vehicle.
- Seat belts must be worn at all times.
- Noise levels should be low as to not distract the driver.
- No throwing of objects or other disruptive behavior.
- Passengers should enter and leave the vehicle only under the direction of a staff member and/or driver.

HOW TO GET TO CAMP JACKSON

Follow Interstate 25 to Highway 165 at exit 74 (Colorado City and Rye). Exit to the West and follow Highway 165 through Rye. About 5 miles past Rye, on the left hand side of the road, will be our front gate. Turn left on YMCA Camp Jackson property and stay to the right as you pass through the gate. In ¼ mile, you will be in our parking lot. Please stop at the dining hall for camper safety.

INCLEMENT WEATHER

YMCA Camp Jackson reserves the right to change activities due to inclement weather or unusual circumstances.

MAIL

Letters from home are always welcome. Please send mail to:
Camper's Name YMCA Camp Jackson PO Box 27
Rye, CO 81069

You can also drop off any letters and packages for your camper at check in. This will ensure that your camper receives their mail while saving you money. We encourage campers to write home at least once during each session. You can facilitate this process by providing campers with pre-address, pre-stamped envelopes and stationery.



SAFETY FIRST

YMCA Camp Jackson has an experienced and certified health supervisor on site. Camp Jackson's staff has all been certified in CPR, First Aid and AED. There is a local 911 service that is staffed 24/7 and can be at Camp Jackson in 15 minutes. There is a designated emergency vehicle on site at all times. YMCA Camp Jackson adheres to the high quality standards of the State of Colorado licensing and the American Camp Association and is evaluated by a team of American Camp Association professionals.

HIGH ALTITUDE

Just a reminder: YMCA Camp Jackson is at an altitude of 8,000 feet. Youth adjust more readily to altitude than adults, however, campers whose homes are at significantly lower elevations may notice some symptoms that accompany adjusting to a higher altitude. These symptoms include breathlessness, fatigue and an increased need for rest. One of the best ways to aid in adjustment is to drink lots of water. Our camp health supervisor, as well as the rest of our staff, are prepared to help campers with their adjustment to altitude.

NO GHOST STORIES!

At Camp Jackson, we believe that every aspect of our program has a purpose. Camp Jackson has a strict policy that no camp staff member or counselor is permitted to tell ghost stories. We work with our counselors during staff training to teach them the benefits of positive, creative story telling.

CREATIVE MEALS

YMCA Camp Jackson believes that camp food is an important part of the camp experience. A nutritionist helps design a creative, nutritious menu. This menu plan is a lot of fun and campers tell us it tastes great. A wide variety of foods will be served. If your camper has a special dietary requirement, please be sure to call ahead and discuss it with the Camp Director and write it on the Health Form.

VISITORS DURING CAMP

We believe camp provides an opportunity for youth to acquire independence, self reliance and confidence through their achievement in a new environment. We ask that parents, guardians and relatives refrain from visiting camp during their stay. Please take advantage of opening day to check-in your camper, tour camp, see your camper's cabin and meet the staff.

BIRTHDAYS

Being at camp during a birthday can be a lot of fun. We like to recognize birthdays each week on Tuesday night dinner with a special Camp Jackson tradition. If you would like to have a gift delivered, you can leave it with the Camp Director on opening day and we will be sure it gets to your camper.

REFUNDS

Should your camper be unable to attend camp, please notify the Camp Jackson office at least one month before the session. Your camp fee will be refunded, less the nonrefundable deposit. Campers who must leave camp for medical reasons will be mailed a prorated refund. No refunds are given to campers choosing to arrive late, depart early or are sent home for behavioral problems.

CLOSED CAMPUS

For security reasons, YMCA Camp Jackson keeps our main gate locked. It is opened periodically for deliveries and daily business. Please call ahead if you have an emergency and need to stop by.

PARTNERSHIP

YMCA Camp Jackson looks at our time with your children as a partnership with parents. We aim to build great people that are lifelong learners, and community minded individual's committed to a healthy lifestyle.

ATTENTION PARENTS!

In order to proceed with registration for your youth, all forms included with this packet must be completed online one month prior to your youth attending camp. Forms can also be found online at www.campjackson.com. Failing to do so will result in the loss of your child's spot in camp and your \$75 deposit.

NEW THIS YEAR

Online registration @

campjackson.com

BE PART OF THE LEGACY

Learn how you can be part of our

Camp Jackson Heritage Endowment.

Call us at 719-543-5151 or visit puebloymca.org

YMCA CAMP JACKSON

Packing Checklist

& RECOMMENDATIONS

ALL CAMPS

CLOTHING

T-Shirts
Shorts
Pants
Socks
Underwear
Casual Tennis Shoes
Wet Shoes (sandals, or tennis shoes)
Jacket or Fleece Top
Sweat-shirts or Sweaters
Swim Suit
Rain Jacket (very necessary)
Sturdy Hiking Shoes
Heeled boots with closed toe (riding)
Baseball Cap(optional)

TOILETRIES

Soap & Soap Container
Tooth brush
Comb or brush
Shampoo/Conditioner
Non-Aerosol Deodorant
Waterproof Sunscreen (SPF 15 or more)
Wash Cloths
Bath Towels
Lip Balm (SPF 15 or more)
Feminine Hygiene Products (if applicable)
Non-Aerosol Insect Repellent
Toiletry Container

BEDDING

Pillow & Pillowcase
Warm Sleeping Bag (very necessary)
Water Resistant Stuff Sack
Top Sheet for bunk (twin size)
Blanket

MISCELLANEOUS GEAR

Backpack or Daypack (Very necessary)
Sunglasses
Flashlight
Water Bottle
Letter writing materials and home address
T-Shirts

ADVENTURE CAMPS

The following items are in addition to the other items listed on this page.

CLIMBING

Comfortable Hiking Boots
Frame Pack (If you have one)
Sleeping Pad (optional)

RAFTING

Quick dry / nylon clothing
Water Proof Bag (optional)
Sleeping Pad (optional)

RIDING

Heeled Boots (cowboy boots)
Jeans
Sleeping Pad (optional)

There is **NOT** a camper laundry facility at Camp Jackson.