

MARCH BREAK CAMP



Safe Active Fun Outdoors

March Break Camp 2024 Camp Information Letter

Welcome to the YMCA Day Camp Community!

Thank you for choosing YMCA of Niagara Day Camps! We cannot wait to have your child come to camp, and provide them with a safe, fun, active and exciting experience this March!

COVID 19 and Illness Prevention Measures

Our top priority is providing a safe environment for our campers and staff. Families, children, and staff will all need to work together to achieve this. If your child is unwell due to COVID 19 or other illness, please keep your child home.

We are committed to following all health and safety protocols identified by the Ministry of Health or our local Public Health in order to ensure your child's camp experience is as safe as possible. At this time, parents are requested to self screen their children at home in advance of coming to camp using this tool <https://covid-19.ontario.ca/school-screening/>. If your child is unwell, or unable to pass the screening, please keep your child at home and follow Public Health guidance. If your child experiences symptoms while at camp, you will be contacted and requested to pick up your camper. Children and staff may choose to wear masks at camp though it is not required. Physical distancing and cohorts are not currently required. All sites will continue to provide hand sanitizer and frequent handwashing while supporting respiratory etiquette. Cleaning and disinfection will take place at camp as needed. Please note that COVID 19 procedures and guidelines may change in accordance with Public Health or provincial direction.

Getting ready for Day Camp

Please visit ymcadaycamp.ca to review more details related to our camp program, our camp locations and important registration information. Camp runs daily from 8:30 – 4:30 pm

with drop off from 8 am and pick up by 5 pm.

Sign Out - Identification Required

Only individuals 16+ listed as authorized pick-ups or emergency contacts during the registration process will be permitted to sign participants out. Authorized pick-ups including parents/caregivers will be required to show valid, government issued photo identification daily.

Pre-Camp Email and Call

Prior to the start of your child's week at camp, you will receive an email with some reminders about day camp. This is a great opportunity for you to share any relevant information about your child with the camp team and ask any additional questions you may have.

Family Involvement

Families are an essential part of the Day Camp program. We value and encourage your support and feedback. If things are going well, please let us know. If things are not working as they should, please be the first to let us know. Please contact the Day Camp Office at (905) 934-9755 x 280 or email ymcadaycamp@niagara.ymca.ca

Follow Us Online

YMCA of Niagara's online community allows camp families to have access to the most up to date information about YMCA Day Camp operations. Parents are invited to stay connected and follow YMCA of Niagara on Facebook, Twitter, and Instagram.

YMCA of Niagara

Day Camp
905 934 9755 x 280
ymcadaycamp@niagara.ymca.ca



ymcadaycamp@niagara.ymca.ca

facebook.com/ymcaniagara
[@YMCA Niagara](https://twitter.com/ymcaniagara)
[@YMCA Niagara](https://instagram.com/ymcaniagara)



What to Bring to Camp

Our Camp days are busy! To ensure your child is prepared, please make sure the following items are packed:

- A backpack.
- Two snacks and healthy lunch that will fuel them for an active day. (Nut free)
- Running shoes for indoor activities and gym games.
- Appropriate clothing for outdoor physical activities (boots, hat, mitts, coat etc.)
- A filled, cold water bottle.
- 1 to 2 face coverings or masks in a secure bag or container (optional)

Snacks & Lunches

At the YMCA, we strive to be environmentally sensitive and encourage a healthy lifestyle. Please send your child with litter less, nutritional snacks and lunches every day plus plenty of water. As we have children in our programs with life-threatening allergies to nuts and nut products, we respectfully ask that you provide nut-free snacks and lunches. Some good alternatives for peanut butter sandwiches are: hummus, honey and fruit spreads, cheese, fruits and vegetables, “make your own” lunchables, pasta salad or leftovers.

Litter-less Lunch Tips

- Purchase a reusable drink container and fill it up each day with water
- Avoid single-serve snack items in disposable packaging and use reusable containers instead
- Use an insulated lunch bag to keep items fresh

Nuts and Allergies

In serving the public, the YMCA develops and implements practices that encourage a safe, shared environment and recognizes that campers with severe allergies may be exposed to allergens while participating at the YMCA. Education and awareness are important components in the prevention of anaphylaxis. It is important to recognize that because of the public nature of our facilities, we cannot assume the responsibility to ensure an “allergen-free” environment.

To further promote safety and address high-risk allergies, specifically with food, we ask that parents:

- notify the YMCA of life-threatening allergies
- complete YMCA medical forms to provide authorization to administer EpiPen
- ensure the camper has their EpiPen Kit with them at camp
- ensure the camper is wearing a Medic Alert bracelet

Medication

The YMCA must be notified in advance of camper’s medication and will only administer prescription medication. For safety reasons, parents/guardians will complete and sign a medication form outlining dosage and times to be administered. Please send only one day’s dosage at time in the original, labeled container, showing the camper’s name, date, name of drug, instructions for storage and administration. Parents must personally hand the camp staff any medication and are responsible for bringing it to camp each day. A medication form must also be completed for epi-pens and staff must be made aware at the point of sign in.

Valuables and Belongings

Valuables such as collectable cards, tablets, handheld video games, cell phones, etc. are not permitted at camp. All necessary items should be clearly labelled with the child’s first and last name. The YMCA is not responsible for the loss or damage of my child’s belongings at camp.

Custody

The YMCA must be notified of any legal custody arrangements and receive a copy of the signed legal documents. If parents/guardians do not provide documentation, the YMCA will release campers to any individual listed on the camp registration form and who provide the necessary government issued identification.

What do I do if my child is going to be absent?

Parents/caregivers should report any absences by 10:30 am on the day of the absence by texting our administrator at (905) 658-2765 to report by stating the camper's name, camp location, and date of absence. Please do not expect a response back via text.

Inclement Weather

At March Break Camp, all our camp locations have indoor spaces but will play outside during the day. We recommend that you send campers with extra clothing as outdoor activities still occur and clothing could get wet as a result of playing in the snow. In the event of extreme inclement weather, camp cancellations and closures will be notified through the YMCA of Niagara Website: <https://ymcaofniagara.org/>

YMCA of Niagara Day Camp Outcomes

At the YMCA of Niagara our goal is for each camper to have an amazing experience that positively influences their development. We feel so strongly about it that since 2014 we have been programming specifically for the results. We call it "Outcome Based Programming", and here is what we strive to have each camper experience at YMCA Day Camp:

- Play and have fun
- Be creative and use their imagination
- Participate in 60 minutes of physical activity
- Develop fundamental movement skills
- Demonstrate the YMCA values
- Be challenged or learn something new
- Develop social skills and friendships
- Feel safe and included

Our Values-Based Approach

Our values help us distinguish right from wrong and provide a foundation for sound judgment and decision making. Values, which are sometimes referred to as character, are the basis of who we are, how we live and how we treat others. The values we try to instill at the YMCA, through character development are the six "Core Values" of Respect, Responsibility, Caring, Honesty, Health, and Inclusion.

Value Beads

At YMCA Day Camp, value beads play an important role as a sign of character and personal achievement. As an important form of recognition, beads at camp promote positive behaviour, and are worn as a constant reminder of what we value as a camp community. At the beginning of the week, as part of opening circle on the first day, each camper will receive a necklace or bracelet and a white bead representing friendship. Throughout the week, campers will be presented with opportunities to earn beads. This can be achieved through participation in each program area and by demonstrating each of the six core values. Beads are awarded at the end of every day.

Values Beads	
Value beads are awarded for demonstrating the six YMCA core values:	
Caring (Red)	Acting with compassion and concern for the well-being of others
Health (Pink)	Being committed to physical, social, emotional, intellectual and spiritual development
Honesty (Blue)	Demonstrating integrity and trustworthiness
Inclusiveness (Purple)	Appreciating diversity. Striving to be open to all. Seeking to understand differences and find common ground.
Respect (Yellow)	Recognizing and protecting the inherent worth of every person, including oneself
Responsibility (Green)	Being dependable and accountable for choices, actions and commitments

Code of Conduct

YMCA of Niagara Camp Staff use a positive, values-based approach to guide appropriate behaviours and to encourage and reinforce positive behaviours. Children are expected to follow YMCA Day Camp behaviour expectations and to interact appropriately with their fellow peers, staff, and volunteers.

Our goal is for each child to have a positive and memorable experience. In order to achieve this, the safety of each child is of the utmost importance. Parent/guardian(s) and children must recognize a personal responsibility to learn and follow safety and other rules established by the YMCA.

Behaviour Guidelines

All campers:

- Be responsible for their actions, choices and words;
- Be respectful to each other and their environment;
- Be honest and true to their word;
- Care for themselves and those around them;
- Make healthy and safe choices; and
- Value diversity and seek to include others

All children are expected to follow the YMCA behaviour guidelines, and to interact in a positive and appropriate manner with their fellow peers, staff, and other members of the YMCA Camp community. Behaviour (including but not limited to: violence, swearing, harassment; verbal threats; physical behaviour; running away; destructive behaviour etc.) that negatively impacts others physically or emotionally may result in dismissal or permanent removal from camp at the discretion of the YMCA of Niagara. Children may also be removed from camp as a result of behaviour that places themselves or others at risk.

Refunds will not be granted for dismissal prior to the end of the camp day or week.

Camp Parents/Guardians

In any instance where a participant is being sent home from camp (for behaviour or health reasons), it is the sole responsibility of the parent(s)/guardian(s) to make arrangements for the participant to be picked up immediately.

As appropriate, the YMCA will work with the parent(s)/guardian(s) to develop a joint plan to address inappropriate behaviour. Parent(s)/guardian(s) will be required to play an active role in supporting the camp staff in implementing behaviour management strategies.

When you register your child for YMCA Day Camp you are also agreeing to follow, support and adhere to the YMCA of Niagara Code of Conduct and Behaviour Guidelines. Contradictory behaviour may result in your camper(s) being removed from Day Camp at the sole discretion of the YMCA of Niagara.

In the event a camper's behaviour results in damages or harm to property, belongings, an individual, etc., the parent(s)/guardian(s) is responsible for covering any applicable financial expense(s).

Cancellation Policy

- Full refunds will be issued if Day Camp is not able to operate as planned as a result of Ministry or Public Health requirements.
- To avoid charges, cancellation requests must be received by February 29th at noon (by e-mailing ymcadaycamp@niagara.ymca.ca). Refunds will not be issued after February 29th.
- Refunds will not be issued if a camper is sent home for illness or behaviour, if they are absent from camp, or if they cannot pass the health screening.

