



Dear Camp Yomawha 2010 Parents,

We are very proud to welcome our YM & YWHA of Washington Heights and Inwood families to Camp Yomawha. We believe that with our dedication to children and families, this summer will be an exceptional one.

Our parent handbook has been carefully written to give you an in depth guide to our camp philosophy and regulations. Please review the handbook with your child as you prepare for camp.

Caring for your child(ren) is a responsibility we take seriously. At Camp Yomawha we strive to provide a safe and healthy environment that encourages confidence and self worth. Our goal is for campers to embark on new and exciting experiences while feeling safe and comfortable.

Camp Yomawha looks forward to a terrific camp season, and we are delighted to have your family join ours.

Sincerely,

Martin G. Englisher
Chief Executive Officer

Michael Fermaglich
Chief Operating Officer

Shara Perlman
Director of Youth, Family and Camping Services

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Important Y Information

Executive Vice President

Martin G. Englisher

Chief Operating Officer

Michael Fermaglich

2010 CAMP SUPERVISORY

Camp Director

Shara Perlman

Sperlman@ywashhts.org

Juniors Unit Head

Laura Sataloff

Lsataloff@ywashhts.org

Explorers Unit Head

Nico Victorino

Nvictorino@ywashhts.org

Adventurers/Tweens Unit Head

Asa Henry

Asahenry@ywashhts.org

CONTACTING US

At Camp Yomawha no concern is too small. The supervisory staff at camp wants to hear from you regarding any feedback, concerns, or issues. We also love to hear compliments!

Each day after camp the supervisory staff returns to the Y to listen to our messages and returns phone calls.

**The Y phone number:
(212) 569-6200**

If your camper is in Juniors please call Laura at ext. 220.

If your camper is in Explorers please call Nico at ext. 220.

If your camper is in Adventurers/Tweens please call Asa at ext. 248.

If your camper is a CIT please call Tatyana at ext. 248.

For administrative details (absences, bussing, forms, etc.) please call at ext. 200.

For any additional camp related concerns you can call Shara, Camp Director at ext 248.

You can also send notes for the Camp Supervisory Staff with the counselors on your camper's bus. Written messages in envelopes will be passed on to the supervisory staff. We recommend parents to email as well in order to facilitate communication.

CAMP SCHEDULE

Full Season	Monday, June 29 - Tuesday, August 18 (Closed July 5)
Half Summer 1	Monday, June 29 – Friday, July 23 (Closed July 5)
Half Summer 2	Monday, July 26 – Wednesday, August 18
Session 1	Monday, June 29 - Friday, July 9 (Closed July 5)
Session 2	Monday, July 12 – Friday, July 23
Session 3	Monday, July 26 – Friday, August 6
Session 4	Monday, August 9 – Wednesday, August 18
Parents Visiting Days	Wednesday, July 14 and Wednesday, August 4
Family Fun Day	Sunday, July 25

CAMP HOURS

Monday—Friday Approximately 8:15 am—4:45 pm
Unfortunately we cannot predict the traffic!

Early Care begins at the Y at 7:30 am and Late Care runs at the Y through 6:30pm for families that have enrolled in this additional child care time.

CAMP POLICIES

Camp Yomawha has incorporated the following camp policies, rules and regulations that have been set forth by the YM & YWHA of Washington Heights and Inwood.

CAMP TRANSPORTATION POLICIES

1. Until route times are established, campers should be at their bus stop no **later than 8:30 AM. Our bus route beginning at 97th Street and Broadway will begin pickups at 8:15 AM.** Please note that in order to get to camp on time the bus **cannot wait** for anyone who is not at their bus stop at this designated time.
2. Buses leave camp at approximately 4:15 PM, and start dropping off campers at 4:45 PM. An adult member of the household or a responsible adult known to the family, as described on the “Authorization for Dismissal Form” must be at the bus stop to receive any child under the age of 10 **with government issued identification with a photograph.** If no one is available to take your child off the bus, he/she will be brought back to the Y, located at 54 Nagle Avenue. Late charges are imposed if campers are not picked up by 5:30 PM.

3. Pick-up and drop-off times are approximate and may be subject to change. Please be at your bus stop at least five minutes prior to the time campers are typically picked up and dropped off.
4. Pick-up and drop-off must be the same bus stop in order to prevent confusion and to minimize risk factors.
5. If your child will be absent from camp, please call the Y office, 212-569-6200 ext. 200 or operator by 8:00 AM.
6. Each bus has a head bus counselor that takes attendance as children board the bus and whom parents can communicate with daily. **In addition, each stop has an assistant bus counselor to help with end of the day dismissal.**
7. Campers should be seat belted and facing forward at all times.
8. We are continuing to use the Academy Bus Company. Buses are labeled A, B, C, D, E or F on the window nearest the door.
9. **Campers that are late care or early arrival campers, must have the Y (54 Nagle Ave) as their bus stop throughout the summer.** Early care children will be meeting in the Wein House next door to the Y at 60 Nagle Ave daily at 7:30am.

HEALTH-MEDICAL INFORMATION

Camp Yomawha is concerned with protecting the health and safety of every camper. This responsibility begins with the prevention of illness and accidents. However, it is normal to expect that among a camp family, campers and counselors will at times become ill and accidents may happen.

A few health related reminders...

1. **No child will be admitted to camp without the completed camper health forms.** All forms must be mailed back to the Y by June 1st.
2. Please make certain to sign the parent authorization on the emergency medical treatment form. Your child may have difficulty receiving emergency treatment without this signature.
3. Please give detailed health information so that we may give your child proper attention. Allergic reactions to medications should be noted on the camper health and allergies forms.

4. There is a full-time registered nurse and/or EMT on the campgrounds. Nyack Hospital is 15 minutes from the campgrounds.
5. Supervisory staff is CPR/First Aid Certified as required by the Department of Health.
6. Department of Health regulations prohibit camp staff from dispensing medication. **Any epi-pens or inhalers must have the perscription attached and need to be sent to camp and remain in the lock boxes in the camp office.**
7. All parents should check their campers daily upon their return from camp. If your child is sick, please DO NOT SEND him/her to camp. If your child has a contagious condition such as lice, pink eye or fever please notify administrative staff and DO NOT send your child to camp.
8. Camp Yomawha receives a permit (Certificate of Qualification) after being inspected by the Rockland County Health Department. Reports on camp inspections are on file at the Rockland County Health Department. If you have complaints or requests for assistance which can not be handled by the Y, you may direct your inquiry to Rockland County Health Department, 50 Sanatorium Road, Pomona, New York 10970. Their phone number is (845) 364-2512.

WHAT TO BRING AND WEAR TO CAMP

1. What to bring?
 - Dress casually and appropriate for the weather
 - Sneakers and socks required – no open toed shoes, no clogs
 - Water shoes for the pool and nature activities
 - Bring two bathing suits, two towels in plastic bags
 - Water bottle
 - Hat
 - Sun block
 - Lunch

CAMPERS JUST COMPLETING KINDERGARTEN: Bring an extra set of clothing in a plastic bag and an extra pair of sneakers or water shoes labeled to be left at camp.

LABEL ALL CLOTHING AND ALL ITEMS WITH PERMANENT MARKER.

2. All campers receive one Camp Yomawha t-shirt to wear on the first day of camp, trip days and picture days. Additional shirts are available for purchase at the Y during parent orientation and prior to camp.
3. Camp Yomawha is not responsible for lost or damaged items left on the campgrounds or on the bus. Feel free to give your bus counselor or email your Unit Head a list of missing items that we will our best to locate, but make no guarantees. If your child accidentally comes home with another camper's clothing please send it back to camp the next day with a note.

4. Campers are not permitted to bring cell phones, i-pods, electronic games or toys to camp. We will confiscate these items and are not responsible for them if they are lost or stolen.
5. Cubbies are provided at camp to store belongings during the day.
6. Pocket money is not needed or encouraged for camp or trips unless otherwise specified.
7. ****SUN PROTECTION****
 - Campers should apply waterproof sunscreen before leaving home in the morning. Please teach your child how to apply their own sunscreen.
 - Campers should bring sunscreen to camp daily to reapply throughout the day.

SNACKS/LUNCH

1. A breakfast snack is provided upon arrival to camp (Bagel/roll, milk).
2. Afternoon snack is provided before leaving camp (Juice, fruit, crackers, etc.)
3. Bring lunch everyday except Friday
 - On Fridays, BBQ lunch is provided – 1 hot dog and/or 1 hamburger, chips, and juice. For vegetarian option (veggie burger) please indicate that your child is a vegetarian on the medical form or send a note. You may send lunch on Friday if your child does not like any of these options.
4. All lunches sent in must be Kosher style – no pork products (pork, ham, bacon) or shellfish products, and no mixing of meat and dairy products. Lunchables are usually not kosher style and often contain peanut products. Kosher style lunches may be all meat or all dairy, but not both. Some examples of kosher style lunches:
 - Turkey, tuna sandwich, hummus, cheese sandwich, soy butter or almond butter, salmon and cream cheese.****Please try and send healthy lunches with a minimum of sugary products.**
5. No peanuts, peanut products, or peanut butter are permitted at camp.
6. Food is refrigerated upon arrival at camp. No microwaves are available for reheating lunches.

SCHEDULE AND ACTIVITIES

1. While campers are at camp they attend the following activities throughout the week, run by specialists: swimming (lessons once a day and free swim once a day), Jewish

culture, literacy, adventure course, nature, drama, dance, arts and crafts, music, and sports. Campers are also offered a “club” or choice period where they can choose which activity to attend (including boating, playground and ga-ga).

2. The Trips, Activities, and Special Events calendar outlines special days at camp including barbeques, entertainment, and theme days. Each week follows a theme which is incorporated into our activities and our “Fun Fridays”! On some theme days and Fun Fridays the children are asked to wear something special or particular colors that relates to the theme. Please help your camper remember and prepare for these days. Your camper will feel great, and it makes these days truly special for all campers and staff!
3. Every Friday we celebrate Oneg Shabbat during the camp day.

SWIMMING

1. All campers are evaluated and put into swim groups according to their ability. Campers are given bracelets to determine what area of the pool is appropriate for their swim level. Bracelets are required to be worn every swim period.
2. When at camp, campers are scheduled for two swims per day; one instructional and one free swim.
4. Please send your camper to camp with two bathing suits, two towels and a plastic bag for the wet bathing suits and towels.
5. During Free Swim, campers must have swim buddies and report to counselors when they enter or leave the pool.
7. If your camper cannot go swimming for any reason, please communicate with Unit Head and send a note to bring to camp explaining why. If a child misses instructional swim, they must sit out for free swim as well.

TRIPS

1. All campers attend trips throughout the summer as listed on the camp calendar (nature parks, amusements parks, ball games, etc.)
2. Each camper must wear his/her Camp Yomawha shirt and bring lunch from home on trips days. Pocket money is not a necessity on camp trips and is left to the discretion of the parent. Counselors and supervisory staff will also use discretion about whether they allow campers to use any concessions.
3. All campers are picked up and dropped off at their usual daily bus stops and are expected to arrive home on time unless otherwise noted.

LATE NIGHTS AND OVERNIGHTS

1. There are two late nights held each summer for the Explorers campers. We provide transportation home from both late nights.
2. Dinner and an extra swim period are provided for all campers during late nights. Please provide appropriate clothing.
3. Transportation home is provided home from both late nights. Camp buses leave the campgrounds at approximately 7 pm and drop-off begins at 7:30pm.
4. The Adventurers will have two one night overnights at the campgrounds this summer. The Tween Adventurers will have two two-night overnights at partner residential camps this summer. Please see the calendar for more information
5. For all overnights, campers will travel to camp on their regular bus routes and return as scheduled. All meals besides lunch for the first day will be provided for campers during their time away from home.
6. Communication with the Unit Head is critical if you do not want your child to attend a late night or overnight.

RAINY DAY POLICY

1. Camp is held every day, rain or shine. In the case of severe rain we will provide alternate, indoor activities.
2. The decision to go to the campgrounds, to stay at the Y for activities, or to go on a field trip will be determined by the camp administrative staff.
3. Please dress your child(ren) appropriately for a rainy day, and still send them with two swimsuits and one fresh towel in case rain clears later in the day.

SUMMER BIRTHDAYS

If you wish to have your camper celebrate his/her birthday with other children within his/her group, please call your child's Unit Head to get specific instructions of what would be appropriate. We want to be respectful of all campers in the group. Many children have food allergies and your camper's supervisory staff will know your camper's group and what type of celebration will be appropriate.

CAMPER REGULATIONS

1. Campers are required to stay with their groups and counselors at all times.

2. Campers are expected to participate in all camp activities.
3. Campers are required to attend both instructional and free swim unless accompanied with a note from a parent/guardian.
4. Campers are expected to respect their peers and counselors.
5. Pocket money is not encouraged.
6. Campers may not bring guests to camp.
7. Parents should go over and discuss these regulations with their child(ren).



PARENT NOTIFICATION

Every parent will be notified when the following occurs:

1. Their child is identified as having an illness, fever, or any other significant medical need.
2. Their child has experienced any type of injury that requires medical attention.
3. Their child has had a behavioral issue at camp where we believe parent involvement would be beneficial.

CAMP CATCH-UP NEWSLETTER

Camp Yomawha will be posting a The Camp Catch-Up newsletter on our website (www.ywashhts.org) during the summer. This is important for all parents to read to be informed about the summer events and fun their children are having. The newsletter highlights exciting events that are occurring at camp such as special guests and upcoming trips. Camper contributions and pictures are included in the newsletter.

FIRST DAY

Please make sure your camper knows his/her bus letter and group name. It is important that he/she is able to remember this information. Along with wearing his/her camp shirt, your camper should wear the name tag provided with their bus letter and group name on the first day of camp. You can pick up this up at the Y at parent orientation on June 22nd from 6-8 PM, or the week before camp starts.

Also, the first day of camp can be nerve racking for many children, especially the younger ones. Please show encouragement and remind your camper how much fun he/she is going to have!

**Michael, Shara, Laura, Nico, Asa and our entire summer staff
look forward to an exciting summer at Camp Yomawha.**

WE CAN'T WAIT FOR THE SUMMER FUN TO BEGIN!