



**YMCA CAMP
ROCKY CREEK**
A Branch of the Lebanon Valley Family YMCA

2024 Parent Handbook

Starting off with success.
The guide to sending your child to camp.



Important Information

Camp Registrar: askidmore@lebanonymca.org or 717.450.3565

Camp Address: 20 Penryn Lane, Cornwall, PA 17016

(Please note: YMCA Camp Rocky Creek was previously YMCA Camp Shand)

Final Balance Due: June 1, 2024

CampDoc Due: At least two weeks prior to your first session. Daily email reminders will be sent leading up to the program. The emails will reside once CampDoc is completed.

All overnight experiences start on Sunday and end on a Friday.

All day camp experiences start on Monday and end on a Friday.

This handbook has both the overnight and day camp information within it.

Weekly Themes: we offer themed events each week, most children love to participate!

June 10- June 14:	Super Sleuths
June 17- June 21:	Camp Apocalypse
June 23-June 28:	Imagination Station
July 1- July 5:	Holiday happenings
July 7- July 12:	Camp Carnival
July 14- July 19:	Gold Rush
July 21- July 26:	Shipwrecked
July 28- August 2:	Camp Olympia
August 4- August 9:	On the Wild Side
August 11- August 16:	Wild and even Wackier
August 19- August 23:	Color Games

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Our History and Mission

The original Lebanon Valley Family YMCA started modestly in 1898 – where a small group of men gathered who were interested in building a better community. Since its inception, the Lebanon Valley Family YMCA has been a respected nonprofit institution, serving the entire community as a source of health and wellness, recreation, enrichment, after school programs and numerous other services for children and teens.

The original constitution and bylaws of the Lebanon Valley Family YMCA express the following, “The object shall be the spiritual, intellectual, social and physical welfare of young men.” We remain true to our historical mission founded on Christian values. Today, our purpose is to improve the quality of life in our community by offering programs, services and facilities that promote strong families, good health, fitness, wellness, community services, child and adult development with equality for all. We encourage a sensitivity to the physical, mental and spiritual enhancement of all persons regardless of age, sex, race, religious affiliation or economic status.

YMCA Camp Rocky Creek

Steeped in tradition, YMCA Camp Rocky Creek was previously known as YMCA Camp Shand. Prior to Camp Shand, it was Camp Kiwanis. In 2021, the Lebanon YMCA partnered with the Lebanon County Commissioners to continue to operate the camp and to keep it within our community.

In its original development, in the late 1800s, then a main feature of Coleman’s railroad, spurred William Freeman to create a similar attraction along an extension rail running down to Mt. Hope. Penryn Park was opened to the public in the summer of 1885, boasting sports grounds, a dancing pavilion, bandstand, and observatory among other amenities.

The park was successful for a period of time, but a devastating 1925 flood and the Great Depression left the camp abandoned for years. In 1949, the tract of land then owned by the Bethlehem Steel Corporation was deeded to the Lebanon YMCA at no cost. The Lebanon Kiwanis Club got to work transforming the land back into a usable youth camp, giving it the name Camp Kiwanis in the process. This name stuck from around 1950 to 1984.

Later in the 80’s, both Lancaster and Lebanon YMCAs entered into a lease agreement but later sold it to Lancaster YMCA renaming it Camp Shand until 2020. This is when the Lebanon County Commissioners and Lebanon YMCA established a new agreement. The land belongs to Lebanon County and the YMCA manages the program. In 2021, the camp was renamed Camp Rocky Creek. The creek is signature by nature and an attraction to all of the kids who attend summer camp.

Staff

YMCA Camp Rocky Creek hires approximately 30-35 staff from around the world during the summer months. We believe in hiring a few staff internationally to provide a cultural experience for our campers. All staff go through a rigorous background check, receive extensive and intensive training in child development, program and curriculum as well as become first aid/CPR certified. Many of our staff members are currently in college and looking to pursue a degree in the education or psychology fields. In addition to the PA State requirements in working with youth, we also comply with YUSA and the American Camping Association standards.

Facilities

We have several different facilities that the children may be utilizing. Our Rec Hall hosts numerous all-camp events. Based out of this building we also offer our arts and crafts, trading post and day camp spaces.

We offer hot meals out of our dining hall facilities with opportunities to dine inside or out on the deck. In addition to the hot meal, we also offer a salad bar with fruit. We are a nut-free facility.

Our cabin accommodations are modest, providing bunks with mattresses and electricity. Each cabin sleeps ten campers. We have three villages with one of those villages being with the adventure unit where the Outdoor Leadership Experience takes place.

We offer a central shower house and restroom facility that is located between the boys and girls village.

Our additional facilities include a pool, nature hut, book nook, lake, and basketball court.

Camp Activities

Some of our common activity offerings are listed below. Others are added, depending on the talents and abilities of our staff.

- Land Sports: Basketball, Disc Golf, Flag Football, Soccer
- Target Sports: Archery*, Slingshots and Axe throwing*
- Water Sports: Swimming, Canoeing, Kayaking*, Boating, Fishing*
- Creative Arts: Arts & Crafts, Painting, Drawing, Jewelry Making, Tie Dye
- Adventure: Climbing Wall and tower, High*/Low Ropes
- Outdoor Ed/Living Skills: Science based programs, Survival Skills, Pioneer Living

Every summer with our staff talent, new and creative program comes to life that may not be listed above.

Camp Kapers

All campers are expected to participate daily in the "camp keeping" chores of their own living area and any other facility in which they use while at camp. Examples of kapers include gathering firewood, sweeping unit buildings, picking up litter, setting the table for meals and participating in flag ceremonies. Kapers will be assigned by staff and all campers will be expected to lend a hand.

Camp Meals

Menus are well balanced, and snacks are provided. Campers will participate in at least one breakfast, one lunch, and one cook out dinner that they will get to help plan and prepare. Campers who are out of camp during meal times may have a boxed meal from camp or may cook out. **Day Campers are only eligible for lunch. If they are in extended care, breakfast will be offered as well.**

Every effort is made to work with special dietary needs that are documented by a doctor, religiously connected or commonly practiced in the home (i.e. vegetarian). This information should have been listed in your CampDoc profile, so we have already made a note of it (if not, please contact the camp at least two weeks prior to arriving to discuss options). Due to health standards, some extreme diets (i.e. "no carbs") cannot be accommodated. If the dietary needs are of high importance such as: wheat gluten, peanut butter, red dye, etc. please notify us in advance and make sure to speak to the Camp Nurse during check-in to ensure we are properly notified. With some diets, you will be required to provide the food for your camper (i.e. lactose-free milk). You can give the food to the Kitchen Manager during registration, and it will be stored in the camp kitchen for your camper to have at meals.

Camp Store/Trading Post

Items available in the Trading Post include snacks, drinks, clothing, stamps, water bottles, small toys, sunglasses, batteries, stationary, minor necessities, toiletries, and personal items.

Day Camp- \$5-\$10/week is what we suggest. This will enable them to buy souvenirs, snacks, Gatorade, etc. If you are looking to purchase clothing, \$15-\$40 may be the range you want for the first week of camp.

Overnight Camp- \$15-\$50 may be the range for one week. Overall, the average is about \$20/week.

You may spend any remaining money in your camper's account on check-out day or you may choose to donate any remaining funds to our camp scholarship program. Any unclaimed money will be automatically allocated to our scholarship program.

Goal Setting

We strongly encourage you to sit with your child and create goals for them to set. This is a great opportunity to begin their success during their time at camp.

1. Connect with another camper that your child has never met to make at least one new friend.
2. In order for each camper to gain independence, encourage them to choose activities that they enjoy but also something they have never tried.
3. As a result of choosing their own path, campers should gain confidence while they partake in their camp experience.
4. Through leadership and stewardship, each camper will become empowered to make good choices and do so in a safe environment.
5. Each camper will learn the core values of the YMCA: Caring, Honesty, Respect and Responsibility.
6. Of course, we want every camper to have a safe, fun, and enjoyable experience.

Camper Behavior

Our staff will make every effort to provide positive, realistic expectations for your child. All members of the Camp Rocky Creek community, including staff and campers, are expected to behave responsibly and appropriately at all times.

After reasonable efforts to modify behavior, a camper may be dismissed from camp. Campers that cannot live within the rules of Camp, or those that are adversely affecting the experience of other children, will be dismissed without a refund. In this case it is the parents' responsibility to come to camp to pick up their children. International campers will be flown home at their parent-s' expense.

For the safety of your child and everyone at camp, Camp Rocky Creek will not tolerate any of the following:

- Offensive or threatening language
- Bullying (physical or emotional)
- Physical violence/abuse

Possession or use of any illegal substance, alcohol, tobacco, vaping materials, lighters, matches or knives (including pocket knives), or any other instruments that may be construed as a weapon are prohibited. Any of the above actions may result in immediate dismissal from camp with no refund.

CampDoc

In our continuous efforts to provide the best possible care for our campers, we have partnered with CampDoc.

CampDoc is an electronic health record system for camps and will help us consolidate and integrate camper health information into a centralized secure location. Their system will give our nurses and doctors instant access to camper health information, a key component to providing care for your camper.

The security, confidentiality and privacy of your camper's health information will always be protected. Only our director and health administration will have access to your camper's profile. The site is secured and encrypted with password protection.

Steps to successfully complete your child's profile:

1. Click the link in the email you have received from CampDoc to set your new password. The password you used for registration will not be the password for CampDoc.
2. Upload any required documents to your account. This may include Form 2 that is downloadable from the CampDoc website. Form 1 is your immunization records. Please ask your provider to print off a copy and you can either manually enter the information or upload the form to the site.
3. Return to CampDoc to make any changes. This may include medication updates, address changes and authorized pick-ups besides parents/guardians.
4. Please set register@campdoc.com as a safe sender to avoid accidental delivery to your junk or spam folders.

We are excited to continually evolve—building a safer, more productive, and more efficient systems to create the best experience for you and your family.



Electronics Policy

Cell phone use by campers is prohibited. We will confiscate any cell phone in a camper's possession and return it at the end of the day/camp week. We cannot guarantee the security of ANY electronic device brought to camp. Thank you for helping us to provide your child with the opportunity to be a confident, independent member of our community.

Lost and Found

We cannot urge you strongly enough to mark or tag all of your child's belongings. Lost and found is kept for two weeks after the end of camp and then donated to a local charity. Please be sure to check the lost and found when you come to pick up your camper.

Refunds and Cancellations

The One Time Application Fee of \$25 is nonrefundable. The camp registration is refundable until June 1. After June 1, camp deposits that were paid are nonrefundable. Please contact the YMCA to cancel your program. Do not select the option to cancel through CampDoc as our software system doesn't recognize your request and a refund will not be issued if you do not contact the YMCA. No refunds are given to children sent home from camp for behavioral issues. Campers leaving early due to a parent/guardian decision are not eligible for refunds or prorated tuitions.

Other Important Information and Policies

Drugs, alcohol, vape pens and the like, and weapons are not permitted on camp premises at any time. Staff and campers found in possession of drugs, alcohol, or weapons are subject to disciplinary and legal action. Camp reserves the right to search individual property if the health and safety of its participants are in question.

Use of personal sports equipment by campers is prohibited unless asked in advance and cleared by the Directors. Camp Rocky Creek will not be responsible for the storage of personal equipment. Vehicle use at camp is kept to a minimum on camp property. Staff vehicles are restricted from the inner areas of camp. Only approved drivers will be permitted to transport campers. Should campers need to be transported for any reason, use of a camp vehicle is required. Campers are not permitted to bring personal pets or animals of any kind to camp without approval of the camp director prior to the start of camp.

Camp Safety

At camp, safety is our #1 priority for our campers and staff. We practice weekly at staff trainings for the possibility to be prepared for different situations to arise. We have a strong relationship within our community, police and fire companies.

While we use coded language, our staff are trained to:

- **HOLD:** stay within the designated facilities, remaining with doors and windows closed and remain in place until we have announced the all-clear.
- **SHELTER:** this cue is to find strong-walled facilities until weather conditions have cleared
- **EVACUATE:** if there are unsafe conditions/circumstances, a staff member will grab our go-bag. The go-bag contains food, water, first aid kit and necessary items until children can be released. Should an evacuation occur, emergency bussing and transportation will be to the Lebanon YMCA.
- **LOCK-OUT:** this is typically ordered when there is an issue off camp property, but may be nearby and is due to police activity that could pose a threat. We move activities indoors and resume as usual while maintaining supervision of the property. Gate will also be closed at the driveway.
- **LOCK DOWN:** all guests that arrive on camp are required to check in, wear a "visitor" badge and can only be on the property with a staff member. If we view a potential threat, communication will be sent out and all campers and staff are secured in designated buildings. Communication does not occur during a lock-down and parents are not allowed on site during the lockdown. Lights all go off, while staff and campers remain out of sight and silent.

If you plan to come to camp prior to the designated pick-up, you will not be able to go past the office and will either need to wait in your car or at the office for your camper to come from their activity. We strive to not have individuals wandering around the camp grounds to continue with our philosophy of STAY SAFE.

Day Camp Section

(Overnight Camp
begins on page 14)

DAY CAMP Check-In/Out Procedures

The regular day camp program hours are 9:00 AM to 4:00 PM each day. We ask that all campers are present for these hours. Day camp drop-off is from 8:45 – 9:00 AM, and pick-up is from 4:00-4:15PM. Please park in the parking lot and sign in at the tent located in the parking lot.

Extended Camp Care is only available to those who have selected it during the registration process and have paid the \$50.

Camp Extended Care starts at 7:30 AM & After Camp Care ends at 5:30 PM. We will not be able to take children prior to 7:30 AM and you must wait in your car until day camp is open.

If you have a day when you need to pick up your child before 4:00 PM, please inform the camp director in writing/email (askidmore@lebanonymca.org). Our staff will make arrangements to have your child ready to pick up at the camp office at the time you request. Children must be accompanied by an adult when they arrive and leave the day camp program. You must sign your child in and out daily. For the safety of your child, only you or the other adults you designate in writing on the release form may pick up your child. Please be prepared daily with photo identification.

DAILY HEALTH SCREENING

We take the health and safety of our campers and staff very seriously. If your child has any of the following symptoms, they should not come to camp.

- Fever—any temperature of 100.4 degrees Fahrenheit (F) or greater
- Vomiting or Diarrhea
- Persistent cough or difficulty breathing
- Severe pain (like a migraine headache or severe earache)
- Severe sore throat that lasts more than 48 hours, especially when accompanied by a fever
- A significant rash, especially when other symptoms are present
- Large amounts of discolored nasal discharge
- Pink eye

These could be signs of a contagious illness, like strep throat, the flu, or even COVID-19.

We will generally accept your child back to camp when they have been symptom free for 24 hours WITHOUT the assistance of medication (ibuprofen, acetaminophen, etc...). We also kindly ask that you call or email any absences related to illness to the Camp immediately.

DAY CAMP Packing List

- ✓ Sunscreen (non-aerosol) and hat
- ✓ Water bottle (filled before arriving)
- ✓ Swimsuit and Towel
- ✓ Small Backpack
- ✓ Closed-toed shoes
- ✓ Water Shoes
- ✓ Flip flops for pool only
- ✓ Plastic Bag for wet items
- ✓ Rain Gear
- ✓ Lunch (if special dietary restrictions that we cannot meet, please see the meals section of this packet)

Please mark all items with camper's full name.

The following items are not allowed at camp: money, video games, cell phones, snacks containing nuts, chewing gum, knives, pets, fireworks, aerosol sprays and weapons of any kind).

MEDICATIONS

All medications must be submitted to the day camp staff. All prescription drugs and over-the-counter medications must be in their original container with a licensed physician's instructions. Please place your packaged medications in a clearly labeled sack (zip lock bags work well, with masking tape for a label) with camper's name, dosage and directions for administering. Any medications that are coming with your child to camp must be listed on the Health History form. All medications are administered by the camp directors or camp health care staff under the doctor's or parent's written orders. Non-prescription drugs must have a parent note attached. Children should not bring or administer their own medication, except where regulations and standards make exceptions for inhalers. Any unused medications will be returned at the close of the camp session. Any changes to medications or medical conditions must be communicated to the camp director prior to program beginning and recorded in CampDoc.

DAY CAMP Transportation

If you selected transportation, please make sure you are at the site at least 10 minutes prior to your scheduled time. Times may vary depending on the children at the stops each week. Please make sure to review your Day Camp Newsletter. You will receive this newsletter prior to the week your child will be attending. It will provide the time frames that your child will be picked up.

Locations:

- Lancaster Y
- East Pete Mennonite Church
- Lititz Library
- Community Bible Church, Palmyra
- Lebanon YMCA, Old Train Station

Drop Off for extended care: 7:30 AM

Pick Up for extended care: 5:30 PM

Hours of camp without extended care or transportation: Arrival between 8:45-9:00 AM and Pick Up between 4:00-4:15 PM.



Overnight Camp Section

OVERNIGHT Check-In/Out Procedures

Check-In Procedures

Please follow the arrival times listed below. If you need to arrive at a time other than what is listed, please call the camp and provide the camper's name and anticipated time of arrival.

Early arrivals will not be permitted. If you arrive early, you may be asked to stay in your car or leave and come back. During check-in times, staff will be positioned throughout the camp to direct you to the correct areas. Please follow their directions and park where directed. Remind your driver to be careful and follow the posted speed limits.

Plan on having any medications (prescribed or over the counter) in a separate bag that is easily accessible. Bring these items with you as you check-in, and they will be collected.

Check-In Times:

Last Name: A-L: 1:30-2:30

Last Name: M-Z: 2:30-3:30

After parking in the main lot, please bring all necessary medication to the office. This is located across the bridge and to the right. You will be greeted and directed where to go. Your first stop will be to do a head and foot check. After that, you will be directed to the nurse to review your profile and go over any necessary medications. From there, you will be directed to your assigned cabin. If you need assistance with your camper's belongings, we will be happy to deliver the items to the cabin for you.

Swim Test

Your camper will go to the pool where they will be checked for their swimming ability. The swim test ONLY determines if the camper can go into the deep end of the pool. If a camper does not want to do the swim test, they do not have to; but will not be able to swim in the deep end of the pool or partake in the slide. Campers may request to be re-checked during the week. Please let your camper know this and encourage them to try again if they want to go into the deeper water.

Cabin Mate Requests

The camp makes every attempt to honor cabin mate requests but cannot guarantee placement in every instance. Cabin-mate requests must be mutual, so each camper MUST request the other camper. Cabin-mate requests are capped at a maximum of 3 requests. Make sure to request early for the best consideration. The camp reserves the right to change cabin assignments at any time, up to and including opening day of any camp session.

OVERNIGHT CAMPER Laundry

There are no provisions for doing laundry at camp. Please be sure to send a sufficient amount of clothing. Campers staying over the weekend will have their laundry done once during that weekend. Please make sure all clothes are labeled and laundry bags are supplied with their name on the outside.

Mail/Packages

All camper mail is delivered daily before/after lunch. Campers love receiving letters from home while at camp. Please address them as follows:

Name,
Session, Village
Camp Rocky Creek
20 Penryn Lane
Cornwall, PA 17016

If you don't think the mail will arrive on time, once the campers have been dropped off to their cabin, please feel free to leave the mail/packages with our staff where you initially checked in. Please mark the day on which you would like us to give them their mail.

To ensure you receive mail from your camper, we suggest that you provide a pre-addressed, stamped envelope for your child. Campers also love receiving packages. Always keeping camper safety in mind, when packages arrive, they will be delivered to the Camp Office. Campers will be asked to open their care package in front of camp staff. All packages will go through "Camp Customs". Packages are welcome, but we ask for your full cooperation in

NOT sending food items. If food/candy items are enclosed in the package, the items may be safely stored in the Trading Post. **NO FOOD WILL BE ALLOWED IN THE CABINS** as food attracts mice, raccoons, skunks, and other critters into the living space. When the Trading Post is open, campers will have access to their food items at that time. We suggest sending packages filled with items like books, cards, games, or craft projects.

Showering

At camp, we have a shower house. Children will shower daily to maintain good hygiene. We cannot ensure what your child does when they are in the shower. To develop this independence and support, if your child has never taken a shower and only bathes, please have them take showers to practice before coming to camp.

As a parent/guardian who may wash their child's hair, this is something you will want to teach them to do as well. This will help prepare them for their shower routine. Often, showering times are limited to ten minutes to ensure everyone has the opportunity to shower. This will also be something you will want to encourage your camper to be prepared for.

OVERNIGHT Check-Out Procedures

Check out is between the hours of 5:00 pm -6:00 pm on Friday.

Early admittance to camp will not be permitted unless the summer camp director is contacted by you and is aware that the camper will be picked up early. Otherwise, if you arrive early, please wait in your car until check-out begins. Staff will be on hand to direct traffic and instruct parents/guardians where to go to check-out their camper.

Campers will **ONLY** be released to their parent/guardian. If another person is picking up your child, the person's name must be listed on the list of authorized contacts. Anyone picking up a child (parent and guardian included) should plan to bring their ID during the check-out process.

Upon departure, please make sure to stop by lost and found to see if any of your child's belongings are there.



OVERNIGHT Packing List

- ✓ Sleeping Bag or heavy blankets
- ✓ Pillow
- ✓ Fitted sheet
- ✓ Shorts, pants, shirts
- ✓ Heavy sweater, sweatshirt, or jacket
- ✓ Undergarments
- ✓ Socks (required daily-pack extras)
- ✓ 2 Bathing suits – preferably one-piece
- ✓ Pajamas
- ✓ Bandana or hat
- ✓ Raincoat or poncho (no umbrellas please)
- ✓ Sturdy shoes, two pairs (closed toe/heel)
- ✓ Old sneakers or water shoes for boating or wading
- ✓ Flip flops or water shoes for showering→→
- ✓ Washcloth, shampoo, soap, deodorant
- ✓ 2 towels
- ✓ Toothbrush, toothpaste
- ✓ Comb, brush
- ✓ Feminine sanitary products (if needed)
- ✓ Backpack
- ✓ Flashlight, extra batteries
- ✓ Water bottle
- ✓ Insect repellent, sunscreen (non-aerosol)
- ✓ Mess Kit, Dunk Bag
- ✓ Laundry Bag

Optional items for Packing List

- ✓ Waterproof boots (rain boots)
- ✓ Sit-upon or football game cushion
- ✓ Stationary, pen/pencil, stamps, envelopes
- ✓ Camera, extra batteries

Packing Tips

Pack clothing/equipment into one duffel bag, tote, backpack, or old suitcase. It is strongly recommended for your camper to pack everything into a Rubbermaid container for the week. Campers should be able to carry their own gear. Campers should help pack their own gear so they know what they are bringing to camp. Put camper's name on all clothing and equipment. Use nametags or a laundry marker. If you bring a laundry or garbage bag for dirty clothing, please label that bag with their name.

The checklist is for your convenience. Avoid unnecessary purchases. If you can substitute something on the list with an item you already have, feel free to do so. Remember, they will be outdoors most of the time and, therefore, need clothing suitable for warm days and cool mornings and evenings, as well as rain. We suggest they bring enough clothes to have a complete change every two days. Leave anything of value at home. We cannot be responsible for missing articles or items ruined by mildew, dampness, or dust.

Please do not bring the following:

FOOD/SNACKS/CANDY – Meals are plentiful, snacks are provided, and food in cabins attracts critters (i.e. skunks, raccoons, and other woodland creatures). Campers will be asked to "turn in" any food or candy they bring with them. Food items will be placed at the trading post for them to access at that time. Please do not send food, candy, or snacks in care packages to your campers. Unless your camper has special dietary needs that absolutely require your camper to bring their own food, please leave all food at home.

CELL PHONES & ELECTRONIC COMMUNICATION DEVICES – Electronic communication devices (i.e. cell phones, kindles, tablets, etc) are not permitted in camp by campers or staff members. If brought to camp, they will be labeled and kept in the office until check-out. Cell phone use by one camper often negatively impacts other camper's homesickness. We encourage your child to be independent, so their counselors and Camp Director will work together to resolve any issues or concerns. If problems arise that our staff cannot handle, we will contact a parent or guardian. If parents have any concerns, or in case of emergencies, they are always welcome to call camp and speak to the Camp Director.

VALUABLE ITEMS – iPods, CD players, mp3 players, portable DVD players, radios, electronic games (Gameboy, IPODS, Nintendo DS, etc), cell phones, pagers, expensive jewelry (and anything else you might consider valuable) should be left at home. These items are unnecessary at camp, and dampness could ruin these items. The YMCA is not responsible for lost, damaged or stolen items.

OTHER– Weapons, fireworks, alcohol/tobacco/illegal substances, lighters, aerosol cans, personal sports equipment.

OVERNIGHT CAMP and Homesickness

It is natural for children to experience homesickness while away from home and their regular routine. Our staff has training and experience in working with campers that are homesick. We try to work with the campers to help enable them to have fun and participate in all camp activities. *Campers are not immediately sent home when they experience homesickness.* Parents will be contacted at the discretion of the camp director.

Talk to your camper before camp about some of the things that will be different, such as strange sounds in the woods at night, sharing a cabin with other campers and eating meals in a large dining hall. Prepare campers to expect to compromise with other campers, help with campers and share the counselor's attention. Talk about what will happen at camp: making new friends, learning new skills, having fun and receiving mail. Do not make promises that they can go home whenever they want. Please encourage them to have the confidence to enjoy experiences at camp and have the courage to be open to new friends and activities.

The following are researched suggestions from camping professionals at the American Camp Association:

Before camp:

- Campers are more likely to have a positive experience if you prepare for camp together.
- Pack their favorite stuffed animal.
- Practice staying the night away from home before coming to camp.
- Do not tell your child that you will "rescue" them from camp if they don't like it. Don't bribe. The reward will be self-confidence and independence. Please don't tell your camper they will be able to call you, or that you will call them. These are promises that only worsen homesickness, since that becomes all a homesick child can think about.
- Acknowledge that you will miss them. Reinforce you know they will have a great time at camp & will be safe.
- Encourage writing letters to home – send addressed envelopes with stamps.
- Ask your child if they think they will get homesick.
- Acknowledge feelings regarding camp before you leave.
- Let them know things at home will be taken care of – pets will be fed, etc. It's very hard for a camper if they are feeling worried or guilty for being away from home.

During camp:

- Drop off a letter or care package during check-in to ensure they receive mail.
- Send positive letters from home.
- Send pictures of friends and family to camp.
- Avoid the temptation to pick up your child early.
- Don't feel guilty about encouraging your child to stay at camp.
- Trust your instincts; most homesick incidents will pass in a day or two.

Camp Directions

Google: Camp Rocky Creek or Camp Shand, 20 Penryn Lane, Cornwall, PA

PHILADELPHIA: I-76 West, to PA 72 North (Exit 266), continue on 72 N, take 322 East to Penryn Lane, Cornwall PA

HARRISBURG: Toll: 1-83 North, to I-76 East, Take exit 266, continue on 72 N, take 322 East to Penryn Lane, Cornwall PA OR No Toll: continue 322 East, through Hershey, Annville to Cornwall, Camp will be on the right

JONESTOWN: Take N 10th Street to Cornwall Road, continue straight onto Cornwall Road, Slight left to stay on Cornwall Road, Follow Boyd Street to 322 E, turn onto 322 E and immediately turn right into camp drive

LANCASTER: US 222 N, use right two lanes to turn right to stay on 222 N; continue onto 501 N, Turn left onto 322 west, turn left into camp

The driveway to camp is approximately 1 mile. Please make sure to follow the posted speed limit signs and watch for oncoming traffic. When coming into camp and the pond is visible, towards the end of the driveway, please make sure to stay right as traffic leaving camp will be on the left.

