



YMCA CAMP ROCKY CREEK

A Branch of the Lebanon Valley Family YMCA

Parent Guide 2025

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



WELCOME TO CAMP ROCKY CREEK

We are thrilled to be providing an amazing summer experience, where your camper can explore and learn about themselves and their natural world through exciting theme experiences and traditional camp activities!

The idea of sending your child away to camp can be intimidating and we know that by sharing your camper with us, you are placing the utmost trust in our ability to take good care of them and ensure that they have a safe and memorable camp experience. This is a responsibility that we take very seriously.

To help your family prepare, we encourage you to review the Parent Guide, in full, to set your child and your Family up for success! This guide provides parents/guardians with an introduction to our Summer Camp programs, tips for preparing for your session, our strategies and expectations for effective parent/staff relationships, and our policies and procedures for keeping children supported during their camp session.

Whether this is your child's first summer or 8th summer we encourage every parent to review the guide for updates.

We look forward to seeing you at camp!

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Important Camp Information

Camp Registrar: campadmin@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: One week before your session start date

CampDoc Info Due: Two weeks prior to your first session. Daily email reminders will be sent leading up to the program.

All overnight experiences start on Sunday and end on a Friday, with the exception of CIT which includes a stay over weekend. All day camp experiences start on Monday and end on a Friday.

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

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

One of the most important components of a good camp experience is the staff. YMCA Camp Rocky Creek hires approximately 20-30 staff from around the world during the summer months including but not limited to cooks, a registered nurse, activity staff and counselors.

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, recreation or psychology fields. In addition to the PA State requirements in working with youth, we also comply with YUSA and the American Camping Association (ACA) standards.

Facilities – We have several different facilities that the children may be utilizing during camp

Our **Rec Hall** hosts numerous all-camp events. Based out of this building we also offer our arts and crafts, trading post, indoor games and other day experiences. Day campers will also stay in this building during the optional overnights on Thursday (only offered during overnight weeks).



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. Depending on the number of campers, we often split into two lunch periods.



Our **Cabins** accommodations are rustic, providing bunks with mattresses electricity for lights. Each cabin sleeps ten campers, though we typically only house 8 in each cabin for camper comfort.



We offer a central **Bathroom** and restroom facility that is located between the boy's and girl's villages. Each side includes several restroom and shower stalls.



Our **Camp Office** is located just over the bridge. This is where our leadership, registration, and general camp staff plan and prepare for the camp weeks. The **Nurse's Station** is also located at the back of the camp office.



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 and Slingshots
- Water Sports: Swimming, Canoeing, Kayaking, Canoeing, Fishing
- Creative Arts: Arts & Crafts, Painting, Drawing, Tie Dye, Skits, Improv
- Adventure: Climbing Wall, High Ropes, Low Ropes, Climbing Tower
- Outdoor Skills: Survival Skills, Camping Skills, Hiking Skills

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



Camp Registration

A onetime \$25 non-refundable registration fee is required to register for camp

A weekly non-refundable deposit is required to hold your campers' spot each week. Overnight camps require a \$50 deposit per week, and day camp requires a \$25 deposit per week.

Camp Rates

Day Camp (6–13-year-olds, must have completed Kindergarten) \$205 per week

- Extended Care per week \$50
- Transportation per week \$50

Overnight Camp (8-14 years old)

- Tier A: \$565 Tier B: \$515 Tier C: \$465

CIT Camp – including over weekend stay (15-17 years old)

- Tier A: \$935 Tier B: \$885 Tier C: \$835

*Weekly Nonrefundable Camp Deposit (included in rates above)

Tier pricing is not income-based but is based on what your family is comfortable with paying. **All campers receive the same camp experience regardless of the tier their family pays.**

- A: This tier most closely reflects operations. We ask families who are able, to participate at this level
- B: This tier is partially subsidized through funding from donors. Please participate at this level if it is right for your family.
- C: This tier is more heavily subsidized through funding from donors. Please participate at this level if it keeps camp affordable for your family.

Instructions on how to register on our new registration system can be found on our website.

Scholarships

The YMCA has made a commitment not to turn anyone away due to the inability to pay. We want youth to experience everything camp has to offer, so if you cannot afford the cost of our lowest tier, you can apply for additional assistance by completing a YCRC Financial Assistance application.

For more information, call Camp at (717) 450-3565 or email at campadmin@lebanonymca.org.

The application can be found our Camp Rocky Creek webpage

Refunds and Cancellations

The One Time Application Fee of \$25 and the weekly camp deposit of \$50 per camp week is nonrefundable. The rest of the camp registration fee is refundable until June 1. After June 1, camp deposits that were paid are nonrefundable.

Please contact the YMCA to cancel your program. 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.

Camp Weeks & Themes: *we offer themed events each week!*

June 9-13	Day	Here Comes the Fun
June 16-20	Day	Mission: Possible
June 23-27	Day & Overnight & CIT	Heroes in Training
June 30 – July 3	Day & CIT	Color Craze
July 7-11	Day & Overnight	Shipwrecked
July 14-18	Day & Overnight	Time Traveler
July 21-25	Day	Splashtacular
July 28 – Aug 1	Day & Overnight	Fairytales & Fantasies
Aug 4-8	Day & Overnight	Lost in Space
Aug 11-15	Day	On the Wildside

Camp Store/Trading Post

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

- Day Camp- \$10-\$15/week is what we suggest. This will enable them to buy souvenirs, snacks, Gatorade, etc. If you are purchasing 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.

Parents/Guardians can provide trading post funds on their first check in day or a week before camp. Our staff will assist campers in attracting their funds throughout the week. You may spend any remaining money in your camper's account on your final 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.

Camp Kapers

All campers and staff 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

All Campers will be provided lunch and snacks during their camp program.

- Overnight Campers and Extended Care day campers will be provided breakfast each morning
- Overnight campers will also receive dinner before their evening activities.
- Campers who are out of camp during mealtimes may have a boxed meal from camp or may cook out.

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). 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. Due to health standards, some extreme diets (i.e. "no carbs") cannot be accommodated.

Camper Behavior

Our staff will make every effort to provide positive, realistic expectations for your child. At all times, our staff members are guided by the principle that all children and adults deserve to be treated in a caring and respectful manner. Similarly, all campers (camper or adult) are expected to treat fellow campers and staff with respect and to abide by all camp rules. Additionally, we expect campers to participate in daily duties such as setting tables, cleaning their units, and keeping their personal space tidy.

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.

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 pocketknives), 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.

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. Through leadership and stewardship, each camper will become empowered to make good choices and do so in a safe environment.
4. Each camper will learn the core values of the YMCA: Caring, Honesty, Respect and Responsibility.
5. Of course, we want every camper to have a safe, fun, and enjoyable experience.

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 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 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 devices.

Camper-to-parent phone calls are not allowed, except in extreme cases. Parent-to-camper calls are strongly discouraged, especially in cases of homesickness. If a camper is having a particularly hard time adjusting to camp, the Camp Director will call to discuss the best way to support your camper. 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. Please be sure to check the lost and found when you come to pick up your camper. Any lost and found items must be retrieved from camp and will NOT be mailed, Lost and found is kept for two weeks after the end of camp and then donated to a local charity.

Other 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. Campers are not permitted to bring personal pets or animals of any kind to camp without the approval of the camp director prior to the start of camp.

Vehicle use at camp is kept to a minimum on camp property. Staff vehicles are restricted from the inner areas of the 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.

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 remaining 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 campgrounds to continue with our philosophy of STAY SAFE.

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.



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.

- Drop-off is from 8:45 – 9:00 AM
- Pick-up is from 4:00-4:15 PM.
- 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 and paid for it during registration

- 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 or after 5:30 pm

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 (Campadmin@lebanonymca.org). Our staff will make arrangements to have your child ready to be picked 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—temperature of 100.4 degrees Fahrenheit (F) or greater
- Vomiting or Diarrhea
- Persistent cough or difficulty breathing
- Severe pain (migraine headache or severe earache)
- Severe sore throat that lasts more than 48 hours
- A significant rash
- 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.

If an illness occurs during camp, then the camper will be housed in the nurse station, located in the camp office. Campers can be housed for brief periods but will need to be picked up if their health does not improve. We will call you if your child is out of the program for more than three activity periods (sometimes they are tired and need to rest). Campers with a contagious disease will be isolated and will need to be retrieved from camp within 2 hours.

DAY CAMP Packing List

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

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. Non-prescription drugs must have a parent note attached.

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. 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 15 minutes before the scheduled times below...

- Lititz Public Library, Departs 7:00 AM, Arrives 4:30 PM
- Lancaster YMCA, Departs 7:30 AM, Arrives 5:00 PM
- East Petersburg Mennonite Church, Departs 8:00 AM, Arrives 5:30 PM
- Palmyra Community Bible Church, Departs 7:15 AM, Arrives 4:30 PM
- Lebanon YMCA Depot, Departs 8:30 AM, Arrives 5:15 PM

Campers will be accompanied by 2 staff or volunteers while traveling to camp. The number of adults will be dependent upon the number of campers. All drivers have completed special training

Guidelines

- Trained Camp Staff or Volunteers will ride and supervise all vehicles.
- If no one is there to pick up your child, we will contact you and bring your child back to camp for pick up
- Rocky Creek makes every effort to be on time. Due to traffic and road construction, we may be delayed
- Please review the following important rules with your child before they attend camp.

Van Rules & Procedures

- Campers must remain in their seats/buckled, and all belongings are to remain inside the vehicle
- No eating or drinking (except water)
- Hands remain to yourself, no fighting or screaming.
- The emergency exits should be used only during an emergency.
- Please participate in games and songs, it makes the ride more fun!
- If a child's behavior does not meet these standards, parents/guardians will be notified.
- It is not our intention to offend or question whether anybody is right to pick up a child. These procedures are in place for the safety of your family.
 - We will only release campers to individuals listed as authorized to pick up list, which can be filled out when you complete your camp forms.
 - We will be checking IDs of parents/guardians, and all authorized persons, as children are picked up. Please make sure all authorized people on your list aware of this



Overnight Camp Section

OVERNIGHT Check-In/Out Procedures

Please follow the arrival times listed below. If you need to arrive at a time after 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.

Check-In Times: Last Name:

A-L: 1:30-2:30

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

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.

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 large 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 the areas in the pool a camper can swim. 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, and if their head does not reach above water in the shallow end may be required to wear a life vest or floaties. Campers may request to be re-checked during the week and may take part in swimming lessons. 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. All cabinmate requests are required to fall under the following rules:

- Requests must be mutual, so each camper **MUST** request the other camper.
- Cabinmate requests are capped at a maximum of 3 requests.
- Cabinmate requests must be within 2-3 years of each other. For example, an 8-year-old cannot request to house with a 12-year-old.

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.

Health & Illness

In an effort to minimize illness at camp we ask that you check on the health of your camper daily beginning 7 days prior to camp. The best camp sessions start with healthy campers, and this begins at home!

You do not need to provide documentation for this, but we ask that if your camper exhibits any of the following symptoms, that you contact camp and have your camper evaluated by a licensed provider.

- Symptoms:
 - Fever (100.4 degrees or higher)
 - Continuous Cough
 - Lice or Bed Bugs
 - Difficulty breathing
 - Chills
 - Muscle Pain
 - Sore throat
 - Loss of taste or smell
 - Nausea
 - Vomiting
 - Diarrhea

Illnesses & Disease on Camp

If an illness occurs during camp, then the camper will be housed in the nurses station, located camp office area. We will call you if your child is out of the program for more than three activity periods (sometimes they are tired and need to rest). Campers with a contagious disease will be isolated and will need to be retrieved from camp within 2 hours.

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 5-10 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.

Laundry

There are no provisions for doing laundry at camp. Please be sure to send a sufficient amount of clothing.

Counselors in Training 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. Camper's 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 letter with their name, session, village and day on which you would like us to give them their mail.

If mail is received for a camper who has already departed camp, this mail will be disposed of. Camp is not responsible for returning mail that has arrived past a camper's departure date.

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.*

Campers are encouraged to write home frequently, but don't expect too many letters. Typically, no news is good news; your camper may be too busy to write. Improperly addressed and/or unstamped envelopes delay mail. To ensure you receive mail from your camper, we suggest that you provide a pre-addressed, stamped envelope for your child.

Occasionally, a camper will send a "distress letter" the first or second day of camp before they are really into the full swing of the program. These letters are usually followed by a brief "camp's great" postcard or no letters at all because they are busy having a great time. If you receive a letter from your child expressing homesickness, we encourage you to contact the camp for more information. We will check with your camper's counselors and let you know how things are progressing. Often, by the time you receive the "homesick letter," your child is likely to have already overcome it and is enjoying camp to its fullest.

Camper-to-Parent Phone Calls Policy

Camper-to-parent phone calls are not allowed, except in extreme cases. Parent-to-camper calls are strongly discouraged, especially in cases of homesickness. If a homesick camper is having a particularly hard time adjusting to camp, the counselor will inform the Camp Director, and you will receive a phone call to discuss the best way to support your camper.

OVERNIGHT Packing List

Yearly updated list will be emailed to you two weeks before your start date

Campers are encouraged to develop a sense of responsibility while at camp. They take care of themselves and their belongings with staff supervision. We encourage your child to help select and pack their items for camp.

- ✓ 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)
- ✓ Stationary, pen/pencil, stamps, envelopes
- ✓ Sit-upon or football game cushion
- ✓ 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. 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.

Campers should be prepared for any type of weather on camp, rain, or shine. Layers are essential as the morning can start off chilly and the afternoons can be hot. Please send clothing items that campers can play in! Campers will get involved in a hands-on way and their clothing may show the wear & tear. No clothing with inappropriate logos or references is allowed on camp. Additionally, we will not allow anything deemed overly revealing.

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.

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. 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. 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. 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 directly.

VALUABLE ITEMS – iPods, CD players, mp3 players, portable DVD players, radios, electronic games (Gameboy, iPod, 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 a preferred sleeping stuffed animal or blanket
- 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
- 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 about 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.

OVERNIGHT Check-Out Procedures

Check out is between the hours of 4:45 pm - 5:45 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 checkout 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 provided on your camp forms. 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.