CAMP SLOANE YMCA OVERNIGHT CAMP PARENT HANDBOOK

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WELCOME TO CAMP SLOANE YMCA 2026

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAMP SLOANE YMCA

124 Indian Mountain Road
Lakeville, CT 06039
campsloane.org | 860-435-2557

WELCOME TO CAMP!

Dear Parents and Campers,

We know that choosing to come to overnight camp is a big step, so thank you for choosing Camp Sloane YMCA. We provide a REAL camp experience: staying in platform tents, unplugging from your technology and building relationships with new friends and great role models. We know that you will enjoy your time at Camp Sloane.

Our goal here is pretty simple - we focus on three core outcomes. **Your child will leave camp having developed their social skills**. This means making new friends, learning how to listen first and how to work through differences. **Your child will leave camp with a better sense of their own self.** This means knowing that they are comfortable facing challenges, that they are more independent, that they have better decision making skills. As a bonus, they'll learn new skills like how to sail, how to make a candle or even how to set a table for a meal. Finally, **your child will develop a stronger, more defined, character.** We will give them the building blocks that they need to become the best version of themselves. We intentionally enrich all of our activities and programs with character development assets that will make them a more competent and caring person.

Whether you are new to camp or a returning face, we want to ensure the best possible summer experience for your camper. This handbook contains important information to help you prepare for the summer.

If you still have questions after reading through the handbook, please don't hesitate to reach out via email or phone.

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KEY INFO

WE ARE IN-TENTS!

- Campers & staff live in large platform tents. Think of these as 'cabins with canvas walls'.

SCREEN-FREE

- There are no phones at camp! Campers are not able to bring their phone (or any tech) to camp with them, providing real face-to-face connections.

OUR PROGRAMS

- We offer four 2-week sessions and one 1-week session of Traditional Camp, as well as a Specialty Riding Camp, and Teen Leadership Program.

AGE GROUPS & VILLAGES

- Campers are divided into 5 different villages, by their rising grade.
- Campers will live in either the HIII (Girls+) or the Valley (Boys+). Teens live in the co-ed LEAD village.

PRO TIP

- We communicate with families mainly via email, so please make sure you train our emails out of your spam/junk folder so you receive everything we send!

THE CAMP SLOANE EXPERIENCE

Camper Villages

Pioneers – Rising 4th, 5th and 6th graders
Juniors – Rising 6th and 7th graders
Seniors – Rising 8th and 9th graders
Students – Rising 9th and 10th graders
LEADs – Rising 11th graders

WHERE WILL I LIVE?

At Camp Sloane, we are in-TENTS! We have camped here in the Berkshires for over 90 years in our 14′ x 14′ raised platform canvas-wall tents.

Each camper has a personal cubby and bunk, equipped with a mattress pad and mosquito net. Campers keep most of their clothing and possessions in footlocker-style trunks. You can find great trunks at Everything Summer Camp (and receive a discount).

Each group of tents, called a "Village", has its own modern bathroom near the tents. Our bathrooms have lights inside and out, flush toilets, stalled showers, sinks and a changing area. One or two counselors live in every camper tent. Additionally, each living village is supervised by a "Village Director" and other leadership staff who live in a "Head Tent" in the Village.

WHAT WILL I DO?

There are 20+ different activities available each week at camp. **Campers choose their activity preferences PRIOR to arriving at camp**, and will receive their schedules on the first day of activities. Find the Activity Preferences in the 'Forms & Documents' section of your CampInTouch account.

There are 5 activity periods each day, during which campers will do 4 elective activities. The last period of the day is free choice or a pre-scheduled special activity with their village/tent, such as a Beach Party, High Ropes, or Air BBs. Campers will do 4 elective activities in the first week, and 4 in the second week, each for 5 days.

Check out our website to see all the activities we offer.

OUR VISION

Camp Sloane YMCA is committed to character and skill development, while providing experiences that are fun and safe in a nurturing environment. With staff as positive role models, we teach and demonstrate values associated with group living.

OUR VALUES & CAMP MOTTO

Our four core values are **Caring, Honesty, Respect, and Responsibility.** We use these values in our tent groups, at meals, and throughout each day at camp

Our camp motto is '**OTHERS**'

OUR COMMUNITY

Camp Sloane YMCA is an inclusive organization. We welcome campers & staff from all over the world, creating a safe and comfortable environment for EVERYONE, from across all dimensions of diversity. We believe this culture of acceptance provides a unique opportunity for learning and growth in every member of our Sloane family.

SWIMMING & WATER ACTIVITIES

Water activities are a big part of the Camp Sloane program and all campers will do a 'swim quest' at the start of the session to determine their swim level/where in the pool & lake they can safely swim. Campers wear life jackets for all Boating activities.

Click the links to see more info about our Swim Quest and Swim Levels.

SPECIAL ACTIVITIES

Two of our most exciting programs at Camp Sloane YMCA are **Waterski** and **Horseback Riding** lessons. Pre-registration and an additional fee is required. The lessons are scheduled by the week and each fee includes one activity period of group instruction for 5 days. Both programs have limited enrollment and typically fill long before the start of the summer. The lessons are filled on a first-come, first-served basis ONLY upon receipt of payment.

THEME DAYS

Each of our 2-week sessions has a special theme day during the mid-session weekend. Traditions and rituals grow as campers come back year after year to earn glory and respect for their team during these crazy fun all-camp events!

Session 1 - Cirque du Sloane
Session 2 - Sloanelantis
Session 3 - Sloane Cup
Session 4 - Sloane Olympics

EVENING PROGRAMS

Evening programs are a time for tents, villages, co-ed groups and the whole camp to come together and have fun. Activities include an opening campfire on the first night of camp, a tent group overnight in the Camp Sloane backcountry, a Performing Arts Showcase and our Camp Sloane Square Dance.

A TYPICAL DAY AT CAMP SLOANE

A TWO-WEEK SCHEDULE OUTLINE

- Sunday Afternoon – Camper arrival, Village campfire
- Monday-Friday – First week of regular activities & Opening Campfire
- Saturday – Theme Day
- Sunday – Sleep in, Chapel, Brunch, and 'Carnival' activities
- Monday-Friday – Second week of regular activities
- Friday Evening – Closing campfire and ceremony
- Saturday Morning – Camper departure

THE DAILY SCHEDULE

7:15AM	–	Good morning! Campers wake up
8:00AM	–	Morning "Flag" at center camp, including lots of cheering!
8:15AM	–	A hearty breakfast
9:00AM	–	Tent & Village Clean up
9:30AM	–	First activity period
10:30AM	–	Second activity period
11:30AM	–	Third Activity period
12:45PM	–	Tasty lunch
1:30PM	–	Oval (Recess), Camp Store is open
2:00PM	–	Rest hour – mail, letters, chatting, resting & relaxation in village
3:00PM	–	Fourth activity period
4:00PM	–	Fifth activity period (Free Choice or Special activity)
5:00PM	–	R&R – Supervised free time in village & Snack
5:35PM	–	"Eventide" reflection
5:50PM	–	Evening "Flag" at center camp, with daily announcements
6:00PM	–	Dinner with your friends
7:15PM	–	Evening programs – something different with your village/tent each day
9:30PM	–	"Vespers"– time in village for tent chats, lights out to follow.

SAMPLE SCHEDULE

This schedule is an example of the types of activities campers will do each day. Each camper will have their own weekly schedule created from their activity preferences. **Campers MUST choose their activity preferences PRIOR to arriving at camp**. You can find the Activity Preferences options in the 'Forms & Documents' section of your CampInTouch account.

Some activities will be split by age (e.g. Pioneers & Juniors Basketball/Seniors & Students Basketball) and some will be mixed ages (e.g. Camp Crafts or Culinary). All activities are co-ed. Campers move independently between activities and at each activity there will be specialist staff to run classes e.g. Lifeguards at Boating & Waterfront, Archery & Climbing instructors, and Dance & Cooking teachers.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Sleep in	Sleep in
8:00	Flag	Flag	Flag	Flag	Flag	Wake Up	
8:15	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
9:30-10:20	Archery	Archery	Archery	Archery	Archery	Theme	
10:30-11:20	Swim	Swim	Swim	Swim	Swim	Day	Chapel
11:30-12:30	Culinary	Culinary	Culinary	Culinary	Culinary	Activities	Brunch
12:45-1:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Sunday
1:30-2:00	Oval	Oval	Oval	Oval	Oval	Oval	Funday
2:00-2:50	Rest Hour	Rest Hour	Rest Hour	Rest Hour	Rest Hour	Rest Hour	Activities
3:00-3:50	Sailing	Sailing	Sailing	Sailing	Sailing	Theme Day	
4:00-5:00	Beach Party	Free Choice	Free Choice	High Ropes	Free Choice	Activities	
5:00-5:30	R&R	R&R	R&R	R&R	R&R	R&R	R&R
5:35	Eventide	Eventide	Eventide	Eventide	Eventide	Eventide	
5:50	Flag	Flag	Flag	Flag	Flag	Flag	Early Dinner
6:00-6:45	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
7:15-8:30	Opening Campfire	Pool Party	Cardboard Wars	Overnight Campout	Ice Cream Social	Final Competition	Village Night & Campfire
9:00	Vespers	Vespers	Vespers	Vespers	Vespers	Vespers	Vespers
9:30-10:30	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

BIRTHDAYS

We love celebrating birthdays at Sloane! Every camper who has a birthday during a camp session will celebrate with our special Sloane birthday song, a cake for their tent at dinner that day, a birthday badge, and they even get to make a birthday wish too!

SLOANE TRADITIONS

ALL-CAMP THEME DAYS – In each two week session, the entire camp is split into teams to participate in friendly competition. Team loyalty is fierce, as campers and staff return to the same team every summer.

CHANTS & SONGS – Singing, chants and cheers are a huge part of Sloane culture. Each village has ther own unique cheers and love to see who can sing the loudest in the dining hall.

CLOSING CAMPFIRE – We end each session at Sloane with a special campfire similar to the Opening Campfire, but this time it's the campers who perform.

CLOSING CEREMONY – After the closing campfire, we gather for a candle lighting ceremony. Here, we listen to speeches from staff on the importance of our four core values, Caring, Honesty, Respect, and Responsibility.

EVENTIDE – Before dinner the Hill & Valley camps come together to listen to a short speech, story, or poem from a different staff member each day.

EXPEDITIONS & OVERNIGHTS – One evening each session will be spent out in the woods, cooking your dinner on the fire and playing games. Campers then have the option of sleeping out at one of our overnight sites.

OPENING CAMPFIRE – On the second night of each session, we have a lively and fun campfire, where staff will put on skits and teach lots of camp songs.

PATCHES – Campers and staff are given a patch each summer with the number of years they've attended camp.

PERFORMING ARTS SHOWCASE – Campers and staff perform their unique skills, be it singing, dancing, comedy and much more.

VESPERS – Each night staff will lead a reflective chat, asking campers a question, finding out about their day, and what they are looking forward to for tomorrow.

PRE-CAMP PREPARATION

FORMS (ALL FORMS ARE DUE BY MAY 1ST)

When you register for camp, you will create a 'Camper Account' through CampInTouch. This account is where you will find access to photos, bunk notes, and all the forms we need for your child to attend camp.

Log in to your CampInTouch account, click on 'Forms & Documents', and you will see the following required forms:

ALL CAMPERS:

- **Activity Preferences** – Please have **YOUR CHILD** select their top 12 activity preferences from the drop downs. Their activity elective schedule will be created using their preferences.
- **Authorized Grown Ups** – This is anyone who is allowed to pick up your child from camp.
- **Bunk Requests** – We can guarantee ONE mutual request, as long as the campers are within the same grade grouping. Find out more about our bunk request policy here.
- **Camper Agreement** – Please read through this with your child, then both you and your child must sign it.
- **Camper Photo** – Please upload a current photo of your child.
- **Health History** – Please fill out with as much detail as possible.
- **Immunization** – List your camper's immunization history. We will also accept your doctor's own form.
- **Individual Plan of Care** – Use this form to tell us anything about your child that will help us to ensure they can be successful at camp, or that your think their counselor should know e.g. they sleep walk; they have a speech impediments; they struggle in noisy environments; they need to know the routine ahead of time; they will only eat a certain list of foods etc.
- **Parent Authorization** – Copy the front AND back of your camper's insurance card and sign & date the form at the bottom.
- **Physican Exam** – Download the form and have a doctor fill it out. We will also accept your doctor's own form.
- **Text Message Opt-In** – Complete the online form to indicate whether you allow us to send you text messages (reminders etc).

IF YOUR CHILD TAKES MEDICATION:

- **All Meds (if your child will take ANY medication)** – This form is required for EVERY medication your camper will be taking at camp, **INCLUDING VITAMINES & OTC MEDS**. It must be signed by your child's doctor. **We CANNOT accept any medications without this form... it is a State Law!**

A NOTE ON MEDICATIONS

The Health Lodge stocks over-the-counter medications. **Please remember to bring any prescription medications that you require.**

ALL medications MUST be handed to the Nurse at Check In and stored in the Health Lodge – this is a State Law! Campers may NOT keep ANY medications in their tent or on their person, other than inhalers and epipens that have been authorized for self-administration.

PACKING FOR CAMP

We recommend packing in a trunk, suitcase, or duffle bag. Campers keep the majority of their belongings in their bag/trunk throughout the session, and will have some hanging space and a small cubby in their tent.

Check out Everything Summer Camp for trunks.

BEDDING

- ☐ 'Summer' weight sleeping bag
- ☐ Blanket or comforter
- ☐ Twin size sheets – 1 fitted & 1 flat
- ☐ Pillow & pillowcase

Camp Sloane provides each camper with a mattress and mosquito net.

WHAT NOT TO BRING

Campers should not bring any of the following:

- Pets
- Fireworks
- Alcohol
- Drugs or drug paraphernalia
- Tobacco products or vapes
- Weapons of any kinds
- Expensive or valuable items

Campers found in posession of weapons, drugs, tobacco, vapes, or alcohol may be asked to leave camp.

A NOTE ON PHONES AT CAMP

As a tech-free camp, we maintain a 'no cell phone' policy for all campers. Campers may not bring their phones or other tech to camp with them. This includes music players, smart watches and e-readers. Digital cameras are allowed.

PLEASE LABEL ALL ITEMS – Camp Sloane YMCA is NOT responsible for any items that are lost or stolen.

LAUNDRY – We offer a laundry service for campers who stay at camp for more than 2 weeks.

This packing list is based on 2 weeks at camp

CLOTHING

- ☐ 14 shirts/vests
- ☐ 8 pairs of shorts
- ☐ 4 pairs of pants/jeans/sweats
- ☐ 16 pairs of underpants
- ☐ 16 pairs of socks
- ☐ 2 pairs of pajamas/sleepwear
- ☐ 2-4 swimsuits
- ☐ 1 jacket/raincoat
- ☐ 2-4 sweatshirts/long sleeved shirts
- ☐ 1 'nice' outfit for Square Dance
- ☐ 1-2 pairs of sneakers/closed toe shoes (NOT CROCS)
- ☐ 1 pair sandals with a heel strap.
- ☐ Shower shoes/Flip Flops (only in Village)
- ☐ Something whit to Tie Dye!
- ☐ Horse Riders – Long pants and Riding boots (with 1/2" to 1" heel)

GEAR

- ☐ 2 bath towels + 2 swimming towels
- ☐ 1 laundry bag
- ☐ 1-2 water bottles
- ☐ Toiletries (shampoo, soap, toothbrush, toothpaste, hairbrush, deodorant, sanitary products etc)
- ☐ Shower caddy/container for toiletries
- ☐ Bug spray + Sunscreen
- ☐ Prescription medications (if needed)
- ☐ Glasses/contact lenses (if needed)
- ☐ Flashlight /headlamp + extra batteries
- ☐ A Watch
- ☐ Small day bag/backpack
- ☐ A hat

OPTIONAL ITEMS

- ☐ A camera. We recommend Camp Snap! (Use code SLOANEYMCA to get $10 off)
- ☐ Reading material
- ☐ Writing material (paper, pens/pencils, stamps, envelopes)
- ☐ Sunglasses
- ☐ Friendship bracelet string
- ☐ A few hangers
- ☐ Horse Riders – Riding helmet

PLEASE NOTE: CROCS ARE ONLY ALLOWED TO BE WORN IN THE VILLAGE & AT THE WATERFRONT

BEFORE CAMP BEGINS

Going away to summer camp can be both an exciting and anxiety-inducing time for a child, especially if this is the first time away from home. We believe that it is very important to support and encourage your child from the time of registration, to the time they return home to share the experience of camp with you.

Here are some sample topics for discussion that will help mentally prepare your child for camp:

Friends: "Camp is about making new friends. Share what you have. Join in. If you treat everyone with respect and others do the same with you, then you will make some really good friends at camp and that is great!"

Activities: "There are many exciting things to do at camp, many of which are new to you. Try new things and practice what you're good at. The more you put into camp, the more you will get out of it."

Respect: "It is OK to sometimes have angry feelings – it is not OK to do angry things. If you're having trouble with another camper there are many people you can talk to, like your counselors."

Getting Help: "If you are having a problem, your counselor is there to help you. But if you don't tell them what is troubling you, they can't help you. It's OK to ask for help! If a counselor asks "How are you doing?" be honest and ask for what you need."

Talking with your child about these kinds of issues is a great way to support them as they get ready to take this important step on the road to being more resilient and self-reliant. As a parent, talking with your child can give you more peace of mind as you allow your child to participate safely in a broader world – a world introduced in part to them by camp!

You can also take a look at **this video** from our camp Social Worker, about how best to prepare your child for camp.

MISSING HOME

Camp Sloane prides itself on how we handle homesickness or simply "missing home." The staff that will work with your child receive specialty training in separation anxiety and homesickness. Below is a list of talking points that will help you and your child succeed in the camp experience and come home full of stories and pride.

- Homesickness is the result of a loving home and caring adults. It is a natural part of leaving home for an extended time and it is normal.
- A child's independence is gained when parents trust in their success away from home.
- Let your child take ownership of this experience. Make sure they are part of the preparation process.

CHECK IN & CHECK OUT

CHECK IN (SUNDAY) – CHECK IN IS BETWEEN 1PM & 2:30PM

Arrival times are allocated by grade - **1-1:30PM: 8th-11th & 1:30-2:30PM: 4th-7th.** If you have both an older and a younger camper, please check-in at the 1:30-2:30pm time slot.

If you are delayed please call our office at 860-435-2557.

CHECK IN PROCESS

When arriving at camp, you will be directed to park your car. Leave your luggage in the car (BRING ANY MEDICATIONS WITH YOU) and walk over to the big green tent ,where you will check-in with one of our camp directors.

If your camper has medications, or needs to check-in with the nurse, you will then be directed to bring the medication to the nurse's station.

Once checked in, you will head back to your car and drive to your camper's village, where you will meet the Village Directors and find out your camper's tent assignment. A Sloane staff member will greet you, help bring your camper's luggage to their tent and introduce them to their new tent-mates. This is the perfect time to give your camper a HUGE hug and wish them a great time!

CHECK OUT (SATURDAY) – CHECK OUT IS FROM 10AM TO 12PM

If you are delayed please call our office at 860-435-2557.

CHECK OUT PROCESS

Check out is a drive-thru procedure. Upon arrival at camp, you will be greeted and directed up the hill to the 'Oval'

Please have an ID ready for inspection. You will be given a check out card to sign, as well as information about saving your spot for next summer.

If you have medications to collect from the camp nurse, you will stop at the nurse's station. After signing out/collecting medications you will then be directed to your camper's village to pick up your child and give them a HUGE hug!

If you require early check out, please call the office at 860-435-2557 to make arrangements.

STAYING IN TOUCH WITH YOUR CAMPER

CAMPINTOUCH & CAMPANION

Your 'CampInTouch' account is the hub of information for your camper.

To locate your CampInTouch account, please visit our website at www.campsloane.org and click on 'Parent Login' at the top right hand corner of your screen. You can also access your account through the Campanion app.

Next, simply enter the email and password you created when you registered your camper. This will take you to your homepage, where you can then navigate through the different options. We have listed a few common categories here for you...

What would you like to do?

- Retrieve medical forms? View '**Forms and Documents**'
- Tell us you referred a camper? '**Camper Referral Form**'
- View your statement or make a payment? View '**Financial Management**'
- Add money to your camp store account? View '**Camp Store Account**'. (The camp store sells apparel, water bottles and other sundries)
- Send a daily Email to your camper? Visit '**Email**' & purchase '**CampStamps**'. (Each email requires one 'CampStamp' per recipient)
- Check out our Camper Photos? Scroll to '**Photos**'
- Would like a friend or family member to email or access photos? View '**Guest Accounts**'

If you need assistance with purchasing 'CampStamps' or creating Guest Accounts please click on the help tab on the right hand side of your dashboard.

EMAIL/BUNK NOTES

Navigate to the 'Camper Email' section of your account. Here you can send emails/pictures to your camper. We will print and distribute them daily. If you choose to get a reply, your camper will also receive a blank barcoded sheet to write on. This will then be scanned and emailed back to you.

There is a nominal fee for each email, which you pay for with 'CampStamps' through your online account. You may also authorize guest accounts for friends and family.

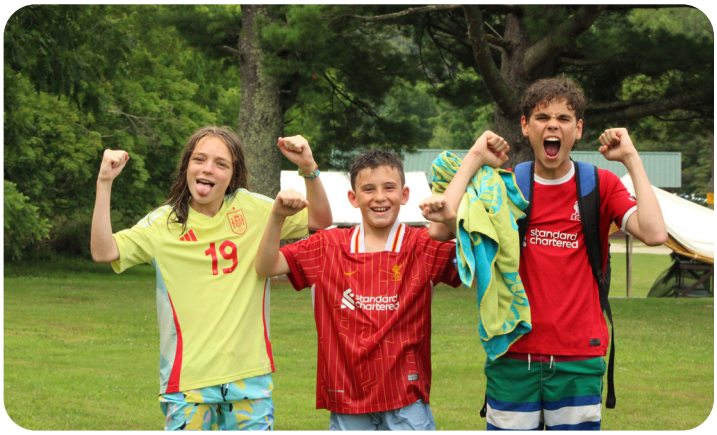
MAIL

We believe that the written letter is one of the very best ways to tell anyone you love them and is crucial to the camp experience! A simple note twice a week asking lots of questions about activities and friends can have a huge impact on the camper's life away from home.

For younger or new campers, we recommend that you mail your first letter by the Friday prior to arrival so that it will get to camp in time for the first mail call on Monday.

Mail should be addressed as follows:

(Full Name of Camper)
Village (i.e. Valley Pio/Hill Senior)
Camp Sloane YMCA
124 Indian Mountain Road
Lakeville, CT 06039



PACKAGES

Packages mailed to camp are signed out and given to campers daily. All packages are opened in the presence of a counselor.

PLEASE DO NOT SEND ANY CANDY, GUM, FOOD, OR SODA TO YOUR CAMPER.

Food items found in packages will be discarded... food in the tents may attract some friendly critters, and no one wants a family of skunks living under their tent!

COMMUNICATION FROM CAMP

We strongly encourage our campers to write home to talk about the fun they are having at camp. We suggest sending pens, paper, stamps, and pre-addressed stamped envelopes. For younger campers you could also use a 'prompt' letter such as **this one**, where your child can simply fill in the blanks!

All families will be mailed a postcard in the first week from their child's counselor, with information about how they are getting on at camp.

First-time families will also receive a phone call from their child's Village Director in the first couple of days of the session.

If you have any questions or concerns while your child is at camp, please don't hesitate to get in touch.

HEALTH & SAFETY AT CAMP

HEALTH LODGE

The health and safety of our campers & staff is our number one priority. The Health Lodge is overseen by our camp physician, and is staffed with a registered nurse 24 hours a day.
We also have our Health Lodge Coordinator (HLO) who is the liaison between the Health Lodge and Program side of camp.

Parents/guardians will be notified if the following occur: emergency situations, hospital visits, camp physician or dentist visits or overnights in the Health Lodge. Parents will not be called for routine visits to the Health Lodge.

Our Health Lodge is stocked with a number of over-the -counter medications. All medicines, prescription or otherwise, are distributed by the nurses and **must be kept in the Health Lodge. THIS IS A STATE LAW.**

In the event that campers need to see a doctor, we will take them to one of the following three places depending on the urgency of the situation and appointment availability - Sharon Hospital (Sharon, CT), Northwest Hills Pediatrics (Sharon, CT), Hartford Healthcare Urgent Care (Torrington, CT).

HEALTH & WELLNESS

We are very lucky to have such a robust and qualified team of health care professionals on camp, and we also train all staff on how to monitor the personal hygiene and cleanliness of our campers each day.

Tents have scheduled time every morning to clean their space and organize their belongings, as well as a dedicated shower time each day. Staff also often remind campers to wash their hands, and we have hand sanitizer at specific entrances to buildings.

Campers will be consistently reminded to reapply sunscreen and drink lots of water.

If campers are feeling unwell, they can visit the nurse during sick call after each meal.

TICKS & LYME DISEASE

Many of our program areas are wooded and we expect that campers will come in contact with ticks. Campers will shower daily, and are reminded to use this time to check themselves for any ticks that may have embedded. For privacy reasons, counselors do not check campers for ticks anywhere a bathing suit covers, but can help to check places such as behind ears and knees. If a camper does find a tick they will go to the nurse, who will remove it safely and contact that camper's parent/guardian. We will then keep an eye out for a circular rash, fever or flu-like symptoms, which are all signs of Lyme Disease.

MEDICAL FORMS

All medical forms must be submitted to camp BEFORE your arrival! We ask this as it makes your check in process as simple and easy as possible for everyone. **American Camping Association and Connecticut law state that incomplete and/or unsigned forms are unacceptable and will prevent your child from staying at camp.**

To locate your medical forms, please log into your CampInTouch account. Scroll down to the "Forms and Documents" section. See PAGE 8 for more info on forms.

MEDICATIONS: **If your child will take ANY medication (prescription or non-prescription) while at camp – you MUST fill out the Medication Authorization form, and have the doctor sign it.** The form must be printed out and handed in to the camp nurse upon arrival, along with the medication in its original prescription container. **This form is required by the state of Connecticut.**

Once all your forms are filled out, please upload them back into your camper account via the 'Forms & Documents' section. If you need help uploading your forms, please call our office at 860-435-2557.

IMPORTANT TO KNOW

- **ALL medications (prescription & OTC)** must be authorized by a physician and the Medication Authorization Form must be filled in and signed by your doctor. **This includes medications such as daily vitamins or melatonin.**
- For your child to receive non-prescription medications such as Tylenol or Benadryl, you must complete the page of the health history form authorizing the nursing staff to do so.
- All medications with the exception of an inhaler or epi-pen will be kept in the health lodge. Medications must be in the original prescription container. Medications must be claimed at the end of each session and by law, they cannot be mailed home.
- The parent/guardian is responsible for all Doctor's charges, dental issues, medication charges and hospital fees incurred while their child is at camp. These fees will be charged immediately to a credit card on file or to your insurance company.
- In the event that your camper cannot participate in camp activities for longer than 24 hour period, you will be contacted by our staff. At that time, a decision will be discussed as to whether your camper is fit to remain at camp. Our camp physician shall have the ultimate judgment in this matter.
- All campers are checked for head lice on session opening days. If a child is found to have head lice, parents will be contacted. Please regularly check your child 2-3 weeks before camp to help avoid this problem.
- Effective January 1, 2016, each operator of an organized youth athletic activity, involving participants age 7 to 19, must make available upon registration a written or electronic statement regarding concussions to each youth athlete and a parent or guardian of each youth athlete participating in the youth athletic activity. Such statement shall be consistent with the most recent information provided by the National Centers for Disease Control and Prevention regarding concussions.

CODE OF CONDUCT & CAMPER AGREEMENT

PLEASE REVIEW WITH YOUR CHILD BEFORE CAMP.
YOU AND YOUR CAMPER ARE REQUIRED TO SIGN THE CAMPER AGREEMENT ON PAGE 17 & UPLOAD IT TO YOUR CAMPER ACCOUNT

BEHAVIOR EXPECTATIONS

"OTHERS" is our motto, and disrespectful or inappropriate behavior towards peers or staff is unacceptable. We have a zero-tolerance policy when it comes to the following:

- Harm to any individual, physical or verbal, fighting or abuse of any kind toward other campers or staff. This includes any language or remarks that are in any way hateful, racist, or queerphobic.
- The possession or use of cigarettes (including electronic cigarettes), alcohol, marijuana or other drugs.
- The possession of weapons of any kind including, but not limited to, guns, scissors and knives (including Swiss Army and Boy Scout).
- Any behavior of any kind or scale that the camp director qualifies as a prank or vandalism.
- Any behavior that involves changing, deforming, damaging, moving or removing property belonging to Camp Sloane YMCA or any individual at camp.

In the case that a camper chooses not to adhere to the expectations of conduct at camp, the parents/guardians will be contacted by the Camp Director and it may be grounds for an immediate dismissal from camp without a refund of fees. Campers and parents are required to read and sign the Code of Conduct form on your CampInTouch account.

CAMP SLOANE'S INTERNET POLICY

Camp Sloane YMCA discourages staff contact with campers outside of camp via social networks. We also encourage parents to be aware of their child's online behavior, and monitor contact they have with fellow campers and staff via the internet.

We want to encourage you and your campers to follow Camp Sloane on social media. However, Camp Sloane YMCA assumes no responsibility for any content your camper may post on the internet, including the content of emails, instant messages, text messages, photographs, personal websites, social networking websites, web logs, or any other electronic medium. In addition, Camp Sloane reserves the right to remove or deny admittance to any camper found to be responsible for obscene, vulgar, derogatory, threatening, or inappropriate content in any of the above listed mediums. The Camp Sloane YMCA name and logos are the sole property of Camp Sloane YMCA, Inc., and may not be used without express written permission. This policy has been applied equally to the staff at Camp Sloane YMCA.

CAMP SLOANE YMCA
CAMPER AGREEMENT

CODE OF CONDUCT

- I will follow the direction of the adults and staff at camp. I will be respectful towards the camp staff.
- I will not bring any tech devices to camp with me (including phones), nor weapons of any kind.
- I will not bring or consume any alcohol, nicotine, drugs (including cannabis) or vapes to camp. I will not use any of these items that another camper has brought with them.
- I will not harm myself, or others, physically or verbally.
- I will not touch any camper or staff member in a way that makes them feel unsafe or crosses their personal boundaries.
- I will treat camp property with respect. I understand that grafitti is not allowed and that my family will be financially responsible for any damage that I intentionally cause at camp.
- I will not walk away from the camp property or wander away from my group without notifying a staff member.
- I will not touch or use other people's belongings without their permission.

ANTI-BULLYING PLEDGE

By signing this pledge, I agree to:

- Treat others respectfully.
- Include those who are left out.
- Contribute to the inclusive Sloane Community by being respectful towards the race, religion, gender identity and sexual orientation of others.
- Never bully or tease anyone.
- Not participate in gossip.
- Be an upstander. Never watch, laugh or join in when somone is being bullied.
- Tell a counselor when I suspect or witness bullying.
- Help those who are being bullied by having the courage to being an ally.

FOR CAMPERS

I understand and accept all of the Code of Conduct and Anti-Bullying Pledge items. I want to have fun at camp and I want others to have fun too. If I don't follow this agreement I understand that I can be asked to leave camp for the summer.

CAMPER SIGNATURE: _____

FOR PARENTS

We are committed to providing a safe camp community where campers can develop self-esteem, independence and a sense of comfort to express themselves. Sometimes, though, we reach the limit of our ability to do that when a child's mode of expression crosses a certain threshold. If your camper demonstrates self-harming behaviors, the Camp Director will assess whether your child can remain at camp. Similarly, for campers who experience repeated and extreme instances of anxiety and panic attacks, and are unable to self-regulate, we will consult with you about whether they should remain at camp.

I have read the Camper Agreement, including behavior expectations and anti-bullying pledge with my child. My child understands that Camp Sloane YMCA is a no-bullying, tech free and substance free program. They agree to abide by these rules and understand that if they break these rules and/or display innapropriate behavior, the resulting consequences may lead to dismissal from camp. The director will make the final decision on this and the decision will not be negotiable.

PARENT SIGNATURE: _____ **DATE:** _____

ADDITIONAL INFORMATION

GENDER INCLUSIVE PRACTICES

Making Sloane a safe space for all is important to us, to our campers and to our families. We aim to provide an inclusive and welcoming community to all campers and staff. Here's some considerations that you need to know about our gender inclusive practices:

ACKNOWLEDGEMENT

While we understand that for some families, topics of gender or sexuality may be uncomfortable or difficult, we believe that through learning from each other's experiences and stories we ultimately create a more empathetic and welcoming world. We understand that you may have questions regarding our policies, and we are happy to talk to you about them. We will, however, not compromise on striving to create a safe space for all.

GENDER IDENTITY & PRONOUNS

Will you be asking campers and staff to share their pronouns during introductions?
Respecting people's identities and referring to them correctly, makes spaces like camp more inclusive. Some staff may choose to share their own pronouns. This will set the tone that shows others that pronoun-sharing is normal and is respected. Out of consideration for those who might be questioning or discovering the gender identity, it is up to the individual if they would like to share their pronouns.

Parents should discuss, with their child, the importance of recognizing and using everyone's preferred pronouns during any conversations at camp. Similarly, parents of children who are not using binary pronouns should have the discussion with their child that as people continue to learn about the use of pronouns, there may be times where mis-gendering may happen while they are at camp.

If a camper asks to use a different name or set of pronouns will that info be shared with home?
The safety of each child is always at the center of all decisions we make. We will always keep you informed if we are concerned about your child's well-being, however this may happen without disclosing exactly what your child has shared with us.

History has shown that 1 in 8 children have been evicted from their homes when they have shared their identity with their family. Therefore, it is important for us to have a consistent policy to protect all children. With that in mind, we will only share this type of information with a parent/guardian if the child gives us express permission to do so.

We will, of course, encourage them to share this new development with a trusted adult outside of camp, let those at home know that their child could benefit from a mental or physical health care provider (without telling the exact reason) or, if necessary, contact the proper authorities if we are concerned that they are in danger of harm.

VILLAGE & TENT ASSIGNMENTS

How are campers assigned to villages and tents?
During registration, you will have chosen Hill Camp (girls+) or Valley Camp (boys+) for your camper. You will have also selected the gender that your child identifies with. We assign tents based on the selections that you made.

Will campers be allowed to switch tents, or village, once they arrive at camp?
It is unusual for a camper to switch tents or villages once a session has begun. If a camper requests to do so, we would try to find out the reason and work on resolving the issue. If it is because they do not feel the village that they are in is a safe space for them based on gender identity, we would see if there were any accommodations we could make to change that, and only switch villages if that is the best solution.

If a camper changes their village during their session, will that information be shared with parents/guardians?
Parents or guardians will be part of any decision to move their child to another village. If we believe that a village switch does need to happen, we will encourage your child to have a meaningful discussion with you before the switch is made. The Camp Director will facilitate this discussion with you and your child or the Camp Director will have this discussion with you alone – only with the permission of your child.

If we believe that, by having this discussion with their parent, a child would be unsafe at home, or if a child is not ready to have this conversation, we will not move your child. Instead we will make as many accommodations as possible AND protect the privacy of your child.

INFORMATION FOR PARENTS ON PROTECTING CHILDREN

We realize that covering this topic can be uncomfortable. However, being open about our commitment to protecting youth from child sexual abuse is critical. The information contained in this section isn't only specific to camp as we believe that it will help strengthen parent's understanding and response to child sexual abuse.

We have worked with a child protection agency, Praesidium, www.praesidiuminc.com for nearly a decade. Praesidium have a partnership with the YMCA of the USA to help every YMCA in the country to assess their risk factors and to better protect children. As part of our work with Praesidium, we know that sharing information about sexual abuse prevention with parents is an important step in our organizational policy.

At camp, we recognize two potential scenarios where a child could experience sexual abuse: from an adult, or from another child. In both situations we have extensive policies in place to help protect kids.

READ THIS SECTION TO LEARN MORE ABOUT:

- What is child sexual abuse and how can we prepare kids to protect themselves?
- What kind of training we do with our staff.
- Supervision and interaction policies for staff.
- What to do if you suspect your child has been abused.

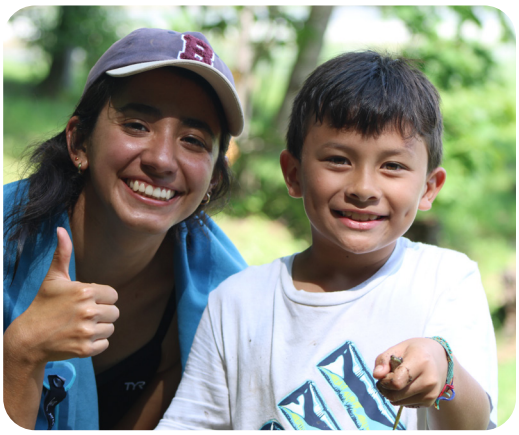
WHAT TO TEACH YOUR CHILD

Even young children can learn skills to help keep themselves safe from sexual abuse, but it is often up to parents/guardians to help them learn what they need to know. Here are some important things that you can teach your child to stay safe.

TEACH YOUR CHILD ABOUT THEIR BODY

Name of all parts of their bodies: Talk to your child about proper names for body parts, and use the proper name for private parts in that discussion. This will give your child the correct words to use when they need to tell you anything about their body, like an injury or rash or other problem in that area.

Rules about appropriate physical touch: Children understand the idea of rules. They know there are rules about hitting and biting, and rules about playing nicely with others, and rules about being safe – like wearing a seat belt. So as you teach these rules, also add rules about appropriate physical touch. Say things like, "Never let other people touch private parts, or make you touch their private parts"



IF THE RULES ARE BROKEN

What to do if someone tries to break the rules: Your children needs to know what to do when someone breaks the rules about touching them. They need to know:

- **WHAT TO SAY** to someone who breaks the rules about touching
- **TO MOVE AWAY** from someone who is breaking the rules about touching, and
- **TO TELL YOU** or another trusted adult, like a teacher or a camp counselor, if someone breaks the rules about touching. Teach them to keep telling someone until they respond and does something about it.
- **TEACH YOUR CHILD TO SAY** "No!" or "No! Don't touch my private parts." Or "My body is private you can't touch me there." Or "Leave me alone" or simply "Don't do that." Teach your kids to say this to other children as well as to adults
- **TEACH YOUR CHILD TO MOVE AWAY** from anyone who is breaking the rules about touching. Tell your child that it is ok to pull away from a hug or to get out of a lap even if an adult tells or asks you to sit on their lap or to hug them

What to do at Camp: Talk to your child about boundaries at camp and if they are feeling unsafe about another campers behavior, or any interactions that they are having with a staff member, and who they can go to for help. We tell the kids on the first day of the session the EVERY staff member is here to help, but it's also a great idea to reinforce this before their camp session.

WHAT DO WE TEACH OUR STAFF?

We talk about preventing child sexual abuse openly and candidly with our staff. Even during their initial interview, we ask questions about what a staff members role is in preventing child abuse at camp. Our goal is to help them realize immediately that Camp Sloane YMCA is vigilant and takes the protection of kids seriously.

Background Checks: Prior to employment commencing, all staff need to have an annual background check performed. This check is done in their home state (or country) and includes a check of the National Sex Offenders Registry website.

Pre-Camp Training: All staff are required to complete at least 3 hours of Child Abuse Prevention training prior to campers arriving. This training is a blend of Praesidium and Camp Sloane YMCA Training. The training covers everything from how to identify child sexual abuse, what our policies are to prevent child sexual abuse, how to properly supervise campers and what to do if abuse is suspected or has occurred.

SUPERVISION & INTERACTION POLICIES

To protect Camp Sloane YMCA staff, volunteers and program participants, at no time during any of the camp day may a staff person be alone with a single child where he or she cannot be observed by others. As staff supervise children, they should space themselves in such a way that other staff can see them.

Bathroom and Shower supervision: staff will stand at the doorway of the bathroom or showerhouse and supervise by listening to camper interactions. This allows privacy for campers and protection for staff (not being alone with a child). If staff are assisting younger children, doors to the facility must remain open and another staff member needs to be present.

Rule-of-3: At all moments of the day, campers must follow the rule-of-3 when it comes to supervision. Camp is inherently a place where children may walk between activities without a staff member. A prevention technique for peer-to-peer child sexual abuse is to ensure that campers and staff must always travel in a group of 3. When a staff member is moving from one place to another with a camper or is in any building or structure with a camper, there must be another child or another staff member present.

Changing & bathing suits: Campers are required to change their clothing in a bathroom or specifically designed changing area (such as at the waterfront). Campers may not change their clothing in a tent as it is not a designated changing area. If a younger child needs any assistance with a bathing suit, at least 2 staff members must be present in order to help.

Beds and living space: Staff and campers are not permitted to lie on anyone's else's bunk bed, nor are they permitted to be in anyone's else's sleeping bag. Campers are allowed to be in their own villages and are not permitted to be in another village without the supervision of staff members.

SUPERVISION & INTERACTION POLICIES CONT'D

Staff use of bathrooms and showers: Wherever possible, the staff member should ensure that no campers are using the bathroom before entering. If a camper enters the bathroom while a staff member is using the facility, the staff member should request that they wait until the building is not in use by a staff member (where practical). Staff have designated showering times when the shower house is not being used by campers.

Staff interactions with campers: Camp Sloane staff and volunteers must adhere to best practices of appropriate verbal interactions with all campers. This includes, but is not limited to, the use of profanity, inappropriate jokes, sharing intimate details of their private life or any type of harassment.

Campers are not allowed to be given piggy back rides, sit in a staff member's lap or receive extended hugs from a staff member. We recognize that a child may sometimes initiate a hug with a staff member when they are in need of comfort and our staff are trained never to initiate the hug or allow it to cross personal boundaries (for example a teen girl hugging a male staff member).

Staff are required to understand that there is a clear power difference between themselves and campers and are not to take advantage of this difference. Even when there is a close age difference (particularly with Counselors-in-Training and LEADs) staff may not have any physically intimate or emotionally inappropriate relationship with campers, including LEADs.

Staff will not have secrets with children, stare at or comment on children's' bodies, or give campers any gifts. Staff are not permitted to babysit, attend birthday parties (or similar) or be employed as a program provider (i.e lifeguard) for camper families. This includes between camp seasons.

WHAT TO DO IF YOU SUSPECT SOMETHING ISN'T RIGHT

Now, let's talk about what you can do if someone is breaking rules about touching your child. This information isn't camp specific and applies to both adults and other children. No one knows your child better than you.

As parents/guardians, watch for warning signs, listen for warning signs, and follow up when something doesn't seem right. If something is wrong, you may see a sudden change in your child's behavior, or you may hear unusual comments. If you see or hear these things, follow up. Find a relaxed time to talk one-on-one with your child.

HOW TO RESPOND IF YOUR CHILD TELLS YOU ABOUT SEXUAL ABUSE

STEP 1: LISTEN Do your best to remain calm and let your child talk. Don't pry but you can ask a few questions that will help you understand what happened

STEP 2: REASSURE You can reassure them with a few simple comments like: "I know that this is hard to talk about" or "This isn't your fault, you have done nothing wrong".

STEP 3: PROTECT Make sure the child is safe and do not let the accused person have any further contact

STEP 4: REPORT Write down as quickly as you can everything the child shared with you in as much detail as possible, using the child's actual words, not your own interpretation. To report suspected abuse, call your local police department.

WHAT ARE THE NEXT STEPS?

If what you learn from your child, or if what you have observed or overheard sounds like abuse, it should immediately be referred to local law enforcement as well as Child Protective Services. If the abuse is camp specific you can also notify the Executive Director or Camp Director so that appropriate measures can be taken.

If what you learn from your child, or if what you have observed or overheard sounds like and boundary violation, suspicious or inappropriate behavior, but is not actual abuse, then share your concerns with a person in a position of authority at the organization. If the behavior is camp specific please notify the Executive Director or Camp Director immediately.

WHAT WILL CAMP SLOANE YMCA DO?

Our first step is to make sure that all of our campers are safe. We will believe the child first and remove the adult or peer from any further contact with children.

- If there is an accusation against an adult, we will remove them from their duties, cooperate with any law enforcement or Child Protective Services investigation and if needed terminate their employment.
- If there is an accusation against another camper, we will report ourselves to the Connecticut Department of Children and Families for neglecting our duty of care for supervision. DCF will advise us about whether law enforcement should be included in any investigation. The camper that is accused of a boundary violation may, situational dependent, be dismissed from camp.

FREQUENTLY ASKED QUESTIONS

WHAT DO YOU WANT TO KNOW?

We know that sending your child to camp is a BIG DEAL and you will likely have questions that perhaps are not answered in this handbook.

Please don't hesitate to get in touch with us via email (info@campsloane.org), phone (860-425-2557), or message us on social media (@campsloaneymca).

FAQs (Find the answers to more FAQs on our website.)

What is intersession and can I visit my camper?

Intersession is the weekend in between two consecutive sessions. Staff run a scheduled intersession program and it's a fun and relaxing time for campers who are staying for more than one consecutive session. You may pick up your camper and take them out just for lunch or take them home for the whole night and bring them back the next day. We do not have a visiting day in the middle of a session.

My camper is having the time of their life. Can they add more sessions of camp?

Yes, as long as we have the space! Our sessions fill up very quickly and we can't guarantee that we will still have space during the summer. If you think that your camper wants to stay for more than one session, we recommend registering early.

Do you have vegetarian/vegan options?

Yes! We have a wide variety of options at every meal and can cater to the majority of dietary restrictions. Please let us know ahead of time if your child has a special requirement – you can do this on the Health History form in your 'CampInTouch' account.

Can my camper be in a tent with their friends?

We allow one reciprocal bunk request per camper – the two campers must request each other in order for us to guarantee the bunk request. If campers who request each other are in different grades and would be placed in different Villages, the older camper would need to move down to the younger Village. We try not to have large groups of friends in one tent, as that can be intimidating for new campers who come on their own.

Will I see photos of my camper every day?

We do our best to capture the spirit of summer at Camp Sloane through our photos and social media. Photos get posted to CampInTouch at the end of every day, and we understand that these are your only window into your camper's experience. Our media team aim to get photos of all campers in all activities across each week, however we cannot guarantee that you will see photos of your child each day. **We can only guarantee that your camper will be in their village photo.**

REFUNDS, CANCELLATIONS & BALANCES

- **Final balances are due by May 1st** and all outstanding balances at that time will be charged to cards on file. If paying by check, it is the family's responsibility to make sure it is received prior to May 1st. If balance is not paid, your camper will not be able to attend camp.
- **Deposits are non-refundable after March 1st.** All cancellations need to be made by email and confirmed by the Business Manager. Refunds on the balance of a session or optional programs such as water ski or horseback riding lessons will not be granted after May 1st. Refunds less the deposit may be given for physician documented medical cases. Every effort will be made to make up a water ski or horseback riding lesson interrupted by inclement weather.
- Camp Sloane YMCA, Inc. reserves the right to refuse or dismiss a camper at any time for just and reasonable cause. Refunds will not be given for withdrawal or dismissal from camp, after the registered session has begun. Optional programs such as water ski or horseback riding lessons will not be refunded due to the camper's failure to attend, lack of interest or inclement weather. Refunds less the deposit may be given for documented medical cases by your physician.
- The parent/guardian acknowledges that, even after every reasonable precaution is taken, some activities such as, but not limited to swimming, hiking, horse riding and boating may involve inherent risks for which Camp Sloane YMCA cannot be held responsible.
- The potential of contracting Lyme Disease increases in rural settings such as Camp Sloane. All participants should check themselves regularly for ticks and become educated, in advance of attending camp, on the signs and symptoms of Lyme Disease, and other tick and mosquito borne illnesses which may occur days or months after an encounter with a tick or mosquito.
- Camp fees do not include health and accident insurance, parents/guardians are responsible for all charges incurred for their child's medical attention.
- No refunds will be given for COVID related cancellations or early departures from camp.

STORE ACCOUNT

If, at the end of your child's session/s, you have a credit balance in your Camp Store Account you will have 2 options:

- Donate the leftover funds to our Annual Campaign and help more children experience Sloane!
- Request a refund by emailing info@campsloane.org by September 30th.

Refunds will only be given for credits greater than $25.00. All outstanding store balances will be donated to our Annual Campaign if not claimed by the deadline of September 30th.

MEET OUR TEAM

OUR PROFESSIONAL TEAM

CEO/EXECUTIVE DIRECTOR
Luke Dooley
luke@campsloane.org

CAMP DIRECTOR
Rhino Merrick
rhino@campsloane.org

BUSINESS MANAGER/REGISTRAR
Heidi Reineke
heidi@campsloane.org

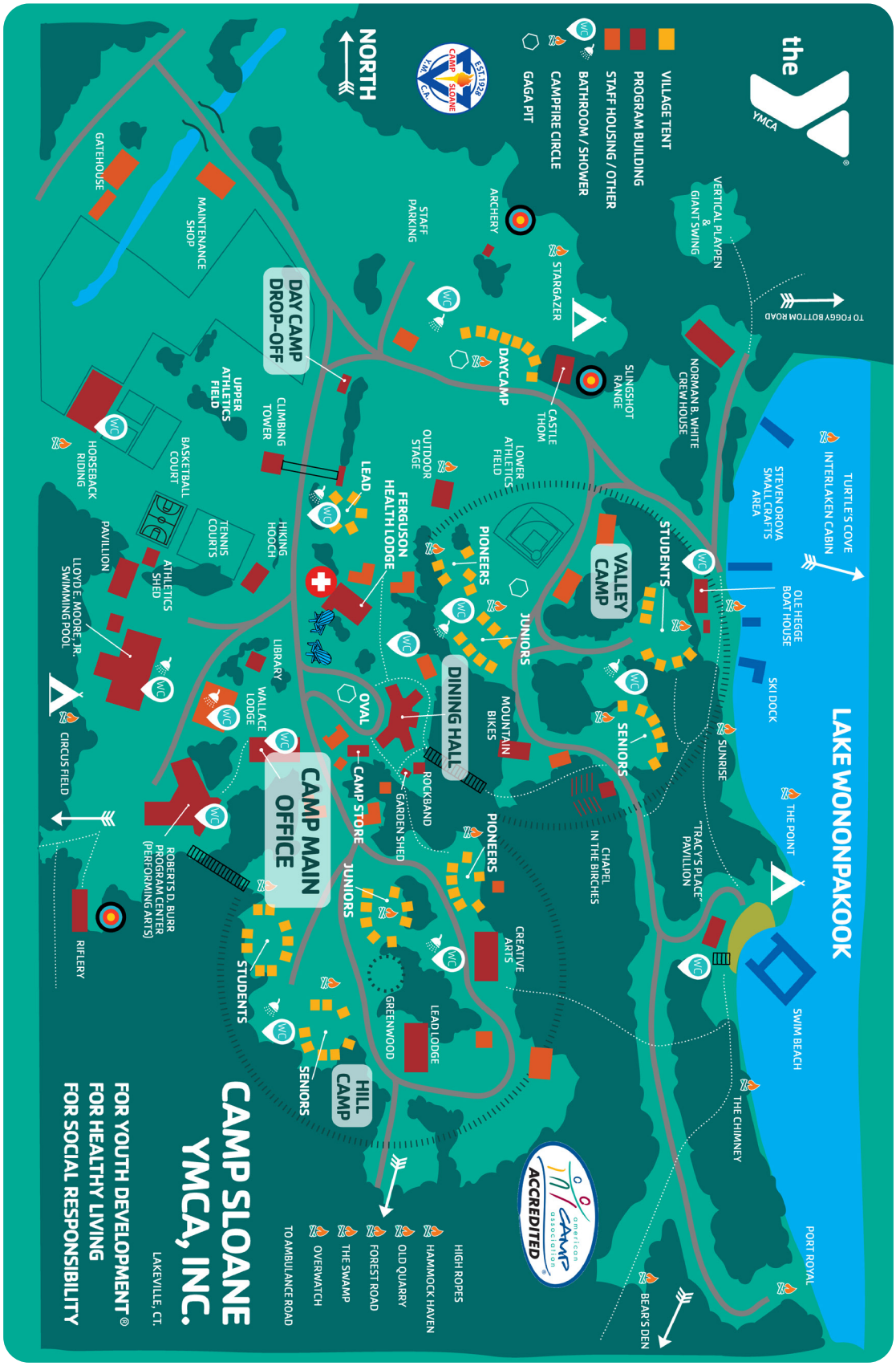
ASSISTANT CAMP DIRECTOR
Ru Foster
ru@campsloane.org

DIRECTOR OF FACILITIES & MAINTENANCE
Dave Wright
dwright@campsloane.org

CARETAKER
Will Steere
will@campsloane.org

CAMP SLOANE SUMMER STAFF

Our staff is the key ingredient that makes Camp Sloane YMCA such a special place. They are caring, dedicated, mature and enthusiastic men and women selected from current students and recent grads of colleges and universities nationwide and worldwide. Staff will participate in a 10-day intensive training involving safety, counseling, teaching and camp procedures prior to the start of camp. In total, we hire about 100 summer staff members to strengthen our team.

All our staff are First Aid & CPR-certified. A trained lifeguard is always on duty during swimming times. In addition, we employ full time, licensed nurses to attend to your child's medical needs while at camp.

MAP OF CAMP SLOANE