



YMCA / APYC Camp Kekoka

Parent Guide

Dear Camper and Family,

We believe that every child deserves a moment in the sun, a chance to learn, a special time to grow, and a special time to make friends and become a better person. At Camp Kekoka, the core values of YMCA living-caring, honesty, respect, and responsibility shape the best moments of childhood into unforgettable memories. Campers come to camp to have fun. Having fun means making friends, being part of a group and feeling liked, respected, and appreciated.

At Camp Kekoka, we believe children, through their participation at camp, have opportunities to gain a sense of self-worth, and are able to share, assume responsibility and cooperate effectively with others. We believe this process must include opportunities for children to think and make decisions. In this context, participation in camp cannot help but give a child the sense of competence, which is certainly equated with a feeling of confidence.

The relationship between campers and staff is perhaps the most important building block to the successful camp experience. Camp Kekoka counselors are warm, understanding, and friendly. The counselors are fun, loving, mature and sincere in their desire to provide each child with a safe and enjoyable camp session.

Spirituality is a natural part of each day's camp adventure. At Camp Kekoka, we strive to be inclusive and respectful of each child's beliefs, while practicing the principles of Christian living. Blessings at meals are a part of the daily routine, as are our daily devotions in each cabin lead by staff.

At Camp Kekoka, we are extremely excited about your interest in us and will do everything possible to provide the finest camp experience for your child.

Sincerely,

Camp Kekoka Staff

Opening Day At Camp:

Full Week Camp - Sunday 3-5 p.m.

Rite of Passage Camp – Wednesday 9-10 a.m.

Opening Day is an exciting time for everyone! Camper families will be given a designated spot to park as you arrive.

Our check-in process this year will be entirely outside for the summer of 2022! The entire vehicle will have a health screening upon arriving to camp. Everyone in the vehicle will have their temperature checked and asked questions in regards to COVID-19. If anyone in the vehicle has a temperature at 100.4 or above and/or has any symptoms relating to COVID-19, the entire vehicle will not be permitted to stay.

Please make sure to have any medications (or other pertinent paperwork) easily accessible to hand off to our Check-in staff. You will be given your campers cabin assignment at check-in and camp staff will help your camper find where to go.

Transportation from the Alexandria area:

We would always prefer to have you personally drop your child off so that you get the chance to see Camp Kekoka, and we get the chance to meet you, however we realize that sometimes this can be difficult given the distance. For a transportation opportunity from Alexandria please see the below information:

A school bus will be departing Sunday at **exactly 12 p.m.** from the Alexandria City Public School's Transportation building at 3540 Wheeler Avenue, next to the city gas pumps and across from the McDonald's. Parents/Guardians will remain in their cars while an officer completes the temperature screening and makes sure that all paperwork is collected. The officer will then help your camper load their belongings onto the bus. Please know that the departure will be on time. If you are late you will miss the bus. Campers should be picked up at the same location on the following Friday, **no later than, 2 p.m.** An Alexandria Police Officer will be riding on the bus with the campers. There is no cost for transportation. A survey will be emailed from Leslie Walsh where you can request for your camper to ride the bus.

Packing for Camp

All personal items and clothes should have the camper's name marked clearly on them before arrival at camp. It is suggested that campers leave jewelry at home and refrain from bringing unnecessary articles of expensive clothing. Efforts are made to locate and return missing articles to campers; however, Camp Kekoka is not responsible for lost, damaged or misplaced items.

We ask where possible that campers use a large duffle bag or a Rubbermaid container with the height of 8.5 inches for packing. Duffle bags and Rubbermaid containers will fit under the camper's bed. Place a list of items packed inside of the duffle bag so that counselors can help campers maintain their possessions. If you wish to send items ahead the shipping address is 1083 Boys Camp Rd., Kilmarnock, VA. 22482. When received, items are delivered to the cottage prior to the camper's arrival. We recommend ordering return shipment tags ahead to avoid delays in getting trunks home.

What To Bring To Camp

Bedding: Campers will stay in cottages with single size bunk beds

- Single sheets (campers wishing to use a sleeping bag must also have a fitted sheet on the bed)
- 1-blanket or sleeping bag
- 1-pillow and pillowcase
- Towels/wash cloths

Clothing for 6 days to include:

- Sweatshirt / Sweater (just in case)
- Raincoat
- Shirts
- Shorts
- Underclothing
- 2-Swimsuits
- Old clothes
- Long pants
- Tennis or closed toed shoes
- Water shoes (bay and pool activities)

Every Day Items:

- Water bottle (Please label with first and last name, and make sure it won't break if dropped)
- Laundry bag
- Toiletry articles and something to carry back and forth to the bath house
- Small flashlight
- Sunscreen (SPF 30 or higher)
- Bug repellent
- Small hand sanitizer (travel size is fine or one that clips to a backpack)—label with name

Optional Items

- Face masks/coverings (listed as optional, but will be encouraged for inside use or if a camper tests positive during camp.)
- Stationery/stamps
- Sunglasses and cap
- Talent show items
- Jellyfish pants (neoprene/nylon pants; inexpensive wind pants with elastic around the ankles, panty hose also works)
- Disposable Camera
- Books, comics or magazines
- Rainy day games, cards
- Small clip on fan
- Ipod / MP3 player with head phones (to be used during rest period only)

What Not To Bring

- Cell phones, radios, Game Boys/DVD's/internet devices (In addition to these items being costly and unsecured at camp, the content of material accompanying them is often not suitable to be shared with other campers.)

If these items are brought anyway, they will be collected and secured for the camper and returned upon his or her departure.

- Valuables
- Cash (Camp Kekoka does not have a camp store so there is no need to send money with your camper)
- Tobacco products, alcoholic beverages, and illegal substances are not permitted at camp. The possession, use, or consumption of any illegal substances may lead to immediate dismissal with no refund.
- Possession of firearms or weapons of any sort may lead to immediate dismissal with no refund.

Closing Day: Friday 10-11 a.m.

Parents/guardians should plan to **pick up their child at 11 a.m.** You are welcome to join us at 10 a.m. for the video and award presentation.

Parent(s)/guardian(s) must provide a **Photo ID** in order to pick up their camper. This policy is for the protection of all of our campers. If someone other than a parent or guardian is picking up your camper we must have prior written permission as well as a photo id. Please give written permission to Director or Assistant Director upon drop-off, or permission can be emailed to lwalsh@ymcavp.org.

A sign-out sheet will be provided at the Check Out desk. Each camper must be signed out by an authorized adult before they can leave. This policy is for the protection of all of our campers.

If your camper has prescription medication, you can collect this at the check-out desk.

Typical Daily Schedule

8 a.m.	Rise and Shine
8 a.m.	Breakfast
8 a.m.	Character Development
9 a.m.-12 p.m.	Morning Activity
12:15 p.m.	Lunch
12:45.-1:45 p.m. 2 -5 p.m.	Rest Period
5:30 p.m.	Afternoon Activity
6:30-8 p.m.	Supper
8 p.m.	Evening Activities
8:15-10 p.m.	Snack
10 p.m.	Cabin Time/Devotions/Shower Rotations
	Lights Out

- Evening programs and lights out may be adjusted for youngest or oldest camper groups.
- Campers have a rotating schedule. The schedules alternate so that children will have the opportunity to be involved in both land and water activities.

Cabin Assignments

Campers are assigned to cabins by age and grade level. Cabin assignments will be given upon check in. Mutual requests from campers within the same year of age are honored with the approval of the Camp Director (**limited to one friend**). The Camp Director reserves the right to determine final cabin mate placement.

Meals

Appealing and nutritious meals are prepared under the careful supervision of our trained dietary staff and satisfy the hearty appetites of campers and staff. A variety of fresh fruit, cereal, hot breakfasts and vegetables are offered every day. A main entree, vegetable, salad, bread, and dessert are typical lunch and dinner meals. Lasagna, sausage egg casserole, and cookout nights are the campers' favorites. Special dietary needs should be indicated to our camp director. The Camp Kekoka Dining Hall is inspected by the Virginia Health Department and maintains a permit to operate a restaurant.

Lost and Found

Camp Kekoka is not responsible for any items lost while your camper is at camp. It is very important that campers clearly label all belongings with their name. We suggest using a permanent marker. Campers will be able to view found items on a daily basis. Parents are encouraged to also view these items on closing day.

The shipping of found items after the camper's departure may be arranged at the expense of the owner.

Discipline

Camp rules are designed to enhance the happiness and safety of all campers. The Camp Director will contact parents to let them know if there is an on-going behavior problem. Children who do not demonstrate appropriate behavior, in the judgment of the director, will be sent home from camp. Parents/Guardians are responsible to pick up any child sent home, regardless if they ride the bus to camp from Alexandria. Early dismissal from camp will not warrant the refund of fees.

Visitation/Phone Calls

Camp Kekoka **does not** have a visitation day, although letters and e-mails are welcomed and encouraged! Parents are also invited to inspect the facilities and meet the staff on Opening and Closing Days.

Due to the volume of campers, Camp Kekoka does not permit campers to make or receive phone calls. (Especially when campers are homesick, we have found that calls from home disrupt the camper's adjustment to camp life.) If an emergency situation arises at home, we ask that parents contact one of the Camp at 804-435-3616. Directors will gladly assist you and your camper in every situation.

Camper Mail and Daily Photo Updates

There is a large volume of mail at Camp Kekoka. We encourage families and friends to write and we ask that every mailed item be labeled with the camper's name. Our mailing address is PO BOX 580, Kilmarnock, VA 22482. Be aware that because of our rural location at times the mail is not timely. If you wish to send food items please make sure they are in sealed containers that can be resealed.

Campers can receive one way emails from Bunk1.com. More information on Bunk1.com will be coming as we get closer to your campers week. The email is printed and delivered daily at lunchtime along with the regular mail. We ask that you put the campers name and in the subject line. Please no electronic cards or attachments. **Campers will not be able to send emails from camp.**

Photos will also be uploaded to Bunk1.com. Parents and families can view the current photos by clicking the Bunk 1 icon on our website. On this site you can download and print pictures.

Spending Money

There is no need for campers to bring money to camp. All food and snacks will be provided. Camp Kekoka is not responsible for any lost or stolen money.

Health Center/Medications

Campers check-in all prescribed medications with the Director upon arrival to camp. All medications must be in the original container. No medications are allowed in cabins (with the exception of inhalers for some asthmatics and epi pens). Please **fill out** the **attached medication form** and bring it with you.

Cabin counselors observe campers daily for cleanliness, cuts, sunburn, insect bites, etc.

At the end of the session, remaining prescription medications need to be picked up from the director. All prescription medications and/or hospital care during camp are billed to parents. General medications and first aid materials are provided at no cost. Accident insurance is not included in the camp fee.

For COVID-19 Policy and Procedures for the 2022 Camp Season please see the final pages of this document.

First Time Campers/Homesickness

Homesickness is common at all ages and is a natural response to being separated from loved ones and a normal routine at home. Parents, siblings, grandparents, and friends all are affected by homesickness, also known as separation anxiety. Parents can help their camper adjust to camp by following simple steps outlined in an American Camping Association publication, written by University of California Psychologist Chris Thurber:

- Encourage your child's independence throughout the year. Practice separations; a sleepover at a friend's house can simulate the camp environment.
- Involve your child in the process of choosing a camp. The more that the child embraces the decision, the more comfortable the child will feel at camp.
- Discuss what camp will be like before your child leaves. Consider role-playing situations, such as using a flashlight to find the bathroom.
- Reach an agreement ahead of time regarding phone calls home. If your child's camp has a no phone calls policy, honor it.

- Send a note or care package ahead of time to arrive the first day of camp. Acknowledge, in a positive way, that you will miss your child. For example, you can say “I am going to miss you, but I know that you will have a good time at camp.”
- Don’t bribe. Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child’s new-found confidence and independence.
- Pack a personal item from home, such as a stuffed animal.
- When a “rescue call” comes from the child, offer calm reassurance and put the time frame into perspective. Avoid the temptation to take the child home early.
- Talk candidly with the Camp Director to obtain his/her perspective on your child’s adjustment.
- Don’t feel guilty about encouraging your child to stay at camp. For many children, camp is a first step toward independence and plays an important role in their growth and development.
- Trust your instincts. While most incidents of homesickness will pass in a day or two, Thurber’s research shows that approximately 7 percent of the cases are severe. If your child is not eating or sleeping because of anxiety or depression, it is time to go home. However, don’t make your child feel like a failure if their stay at camp is cut short. Focus on the positive and encourage your child to try camp again next year.

The Camp Kekoka staff is well trained to help campers adjust to camp by immediately involving them in goal setting, team building and fun activities.

REFUND POLICY

We are happy to accommodate a switch in a camper’s session dates, at no charge, as long as the new session has availability. If a camper must cancel altogether, the following fees apply: If we are notified of cancellation prior to May 15, a \$100 cancellation fee, per session, applies. If we are notified of cancellation after May 15, a \$200 cancellation fee, per session, applies.

Weather Related Emergency

Camp Kekoka staff will carefully monitor and track all weather systems.

Contact Information

Ana Mae Morrow, Camp Kekoka Executive
 Clark Laster, Assistant Director
 Leslie Walsh, Camp Kekoka Administrative Assistant

P.O. Box 580
 Kilmarnock, VA 22482
 Phone 804-435-3616
 Fax 804-435-2227

ymcacampkekoka.org • email: anamae.morrow@ymcavp.org

Medication Form

Camper's Name _____ Session _____

Please complete this form prior to coming to camp. Bring it with you to check in. If you have multiple medications please put them together in a **zip lock bag** with your child's name on the outside of it.

Prescription Medications

Type of Medication (Name should be the same on the medication container)	Time of Day (Breakfast, Lunch, Dinner, Bedtime, or specific time)	Dosage (mg / 1 tab / 1/2 tab) This should be the same on the medication container

PRN Medication (taken only as needed)

Type of Medication (Name should be the same on the medication container)	Time of Day (Breakfast, Lunch, Dinner, Bedtime, or specific time)	Dosage (mg / 1 tab / 1/2 tab) This should be the same on the medication container

Over the Counter Medications (Permission Letter)

I, _____, hereby give permission for Camp Kekoka staff to administer over-the-counter medications to my child if they deem it necessary. Dosages will be administered according to the directions on the bottle unless a physician directs otherwise. These medications may include, but are not limited to:

- | | | |
|-------------------------|---------------------------|----------|
| Acetaminophen (Tylenol) | Ibuprofen (Advil, Motrin) | Tums |
| Benadryl | Imodium AD | Claritin |
| Sudafed PE | Generic Cough Drops | Aloe |
| Pepto-Bismol | Ex-Lax | |

Exceptions (not to be given) _____

Signature _____ Date _____



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PRE-CAMP HEALTH SCREENING

Camper Name: _____ Session: _____

This form is only required if you choose for your camper to not have a molecular test within seven days of arrival to camp.

In an effort to reduce exposure and minimize illness at camp, we ask that you check on the health of your camper daily, beginning 14 days prior to the scheduled camp session. The best camp sessions start with healthy campers and this begins at home. Please bring this completed form to camp on opening day.

Please indicate if your camper has any of the following symptoms prior to camp and record a temperature daily. If any temperature or symptoms are present, please have your camper evaluated by a licensed provider and contact camp for further guidance.

Symptoms:

- Cough
- Shortness of breath
- Fever
- Sore throat
- New loss of taste or smell
- Vomiting
- Diarrhea

Please initial at the end of the 14-day screening

My child has not had a new fever of 100.4 or higher, or a sense of having a fever. _____

My child has not developed any of the listed symptoms on the left in the last 14 days that cannot be attributed to another health condition. _____

No one in our household has been ill with respiratory complaints or fever, nor has tested positive for COVID-19 within 14 days. _____

My child has not been in contact with an individual who has been ill with respiratory complaints or fever, or who I know has tested positive for COVID-19 within 14 days. _____

Start date of temperature/symptom screening: _____

Example:

Temperature	97.5
Symptoms	None

Day	1	2	3	4	5	6	7
Temperature							
Symptoms							
Day	8	9	10	11	12	13	Woo hoo! CSB or bust!
Temperature							
Symptoms							

My signature indicates that I completed this health screening daily for 14 days prior to camp and to the best of our ability. I understand that arriving to camp healthy is vital to a health camp for all campers and failure to provide this document or complete the on-site screening may be grounds for dismissal.

Signature: _____ Date: _____

Camp Kekoka COVID-19 Plan Summer 2022

Before Camp:

All staff and campers will need to provide one or the other:

- Proof of vaccination (2 Pfizer/Moderna for under 18) last dose needs to be administered 2 weeks before the individuals first day of camp.
Those with partial vaccination will be treated as though they are not vaccinated when needing to complete COVID-19 screening/testing (CDC).
- Negative COVID-19 Test (PCR or Antigen) no more than 6 days before camp. The closer the test is to the campers first day is preferred and listed on CDC.gov as best practice (within 72 hours).
- 14 day Symptom Check. The document to complete the 14 Day Symptom check is above this section of the Parent Guide. This symptom check should be done once a day, every day for the 2 weeks leading up to your campers arrival to Camp Kekoka.

All individuals will be 'Symptom checked' at camp check in. If the camper does not pass the symptom check screening, they will be asked to go home.

All individuals will need to provide their vaccination information to help guide our process if we do have a suspected positive COVID-19 case.

During Camp:

Counselors will complete a morning symptom check for all individuals in their cabin. They will have a checklist for every individual, including themselves, and keep a record on a designated sheet that will be kept through the summer.

If there is an individual that does not pass their screening, they will isolate, put on a mask and be given a rapid COVID-19 antigen test, provided by CDC.

- Other individuals in the cabin will be asked to stay there and limit interaction with other individuals until the test is completed of the symptom positive individual.
- If the test is negative: manage the primary symptom, notify their emergency contact and allow the rest of the cabin mates to interact with the rest of the camp.
- If the test is positive, take a second test as the rapid antigen tests have a high false positivity rate.
If the second test is negative, manage the primary symptom, notify the emergency contact and allow the rest of the cabin mates to interact with the rest of the camp
- If the second test is positive, quarantine the individual, notify emergency contact and isolate the rest of the cabin and contact trace for other individuals near the COVID-19 positive individual.
For rest of the known exposures:
 - If they are fully vaccinated: do not need to quarantine, but should get tested 5-6 days after known exposure (this will be after their camp session). They should wear a mask for 5 days, remainder of the camp session.

Those not fully vaccinated should be quarantined and tested 5-6 days after known exposure. They should wear a mask for 10 days. If this is the case, the camper will be asked to leave camp as they need to quarantine. The counselor will quarantine, take another test to determine if they can continue working.

Masking:

- Masks will be encouraged while indoors, but are not required. Our program will not mandate cabin cohorting this summer, unless CDC changes their recommendation. We will practice physical distancing in times that are applicable.
- If a parent/guardian asks their child to wear a mask, we will honor their wishes, however, understanding that we cannot require any other individuals to wear a mask, unless there is a changed to the mask mandate. The only time the individual will not wear a mask is when they are participating in water-based activities such as knee boarding or swimming and while eating.

General:

- Our camp will continue following all CDC and state guidelines, laws and mandates as necessary. We will continue following best practices when it comes to hygiene and limiting risk of spreading COVID-19.
- Our camp will require all individuals to wash their hands, as noted on CDC, before every meal.
- Our camp will encourage all individuals to use hand sanitizer in between activities.

After Camp:

- Individuals will be asked to continue screening their health for 10 days after the last day they were on camp property. If there is an individual that becomes COVID-19 positive, our staff will go through the same steps as listed above.