



YMCA Camp Loma Mar

Parent's Guide

9900 Pescadero Creek Rd. Loma Mar, CA 94021
clmteam@ymcaeastbay.org • camplomamar.org

WELCOME CUBS, BOBCATS, MOUNTAIN LIONS, LITs & CAs

We are thrilled that you've chosen YMCA Camp Loma Mar for your child this summer! The guidelines in this handbook are aligned with American Camp Association (ACA) Standards to help ensure a safe, fun, and meaningful experience for every camper.

ARRIVAL SUNDAY 2 PM

- Please arrive on opening Sunday between 2 and 3:30 pm.
- Remember to bring all medications, including over-the-counter medications in original packaging.

DEPARTURE FRIDAY 11:30AM

Photo ID is required.

- Check-out starts at 11:30am and ends at 1 pm
- If camper is staying multiple weeks, you may sign up for bus return on Friday and bus for Sunday at no charge. This applies for the weekend between the 2 weeks only. Email camp office to arrange.

CABIN MATE REQUESTS

Please know that cabin mate requests must be mutual (other parent must request your child) with campers in the same program within one year of age of one another. We will do our best to honor these requests based on overall camp enrollment and provided they are made at least two weeks prior to start of camp. Our online registration asks for cabin mate requests; do not email the Camp Office with cabin mate requests. Note: Making new friends is a big part of the camp experience!

BEHAVIOR AT CAMP

At camp, we foster an environment filled with friendship, respect, and character development. Campers that cannot live within the rules of camp, or are adversely affecting the experience of other children will be dismissed without a refund. Parents are then responsible to come to camp and pick up their child.

DIRECTIONS TO CAMP

Address: 9900 Pescadero Creek Road, Loma Mar, CA 94021

Online map programs gives good directions; easiest way to Camp Loma Mar is to come in from Highway 1 and through Pescadero. Note: Highway 84 is a very curvy road, not ideal for those prone to carsickness.

BUS TRANSPORTATION

We offer bus service to and from Camp Loma Mar. You must sign-up during the online registration process or email the camp office. Seating is limited. Schedule changes are communicated via social media, email, or in case of emergency, phone call.

Bus Schedule: There are two pick-up and drop off locations:

- **EM Downer YMCA, 263 So. 20th St, Richmond 94804**
Departure at 12:30pm Sunday, arrive 30-minutes early to check in
- **Oakland YMCA, 2350 Broadway, Oakland 94612**
Departure at 1:00pm, arrive 20-30 minutes early to check in

Returning bus arrives to Oakland YMCA at 12:30pm Friday and to EM Downer YMCA at 2:00pm on Friday.

Bus Rules: Stay seated. Keep arms and hands inside. No throwing articles out of the window. Make at least one new friend! Any problems — please alert the Bus Supervisor.

Health & Safety



Health History

Health history information is required to be completed through the registration process prior to camp drop-off. State Health Codes also require that immunizations are up-to-date. If a child has a chronic or severe health condition, has recently started or stopped medication, or has recently been under doctor's care, please provide detailed information regarding camper's condition and any accommodations that may be needed during camper's time at camp.

Pre-Camp Health Screening

We encourage parents to conduct a routine health screen on their camper the day of arrival at camp. We are especially concerned about contagious conditions including flu, fever, pink eye, chicken pox, bed bugs, Covid-19, or head lice. A screening upon arrival at camp will also be conducted by our counselors. If any camper exhibits symptoms of illness the parents will be responsible for taking them to the doctor.

Medications

All medications, including over the counter medications are submitted to health care staff at check in (State Law), this includes vitamins, allergy pills, lactaid pills, and creams. Prescription drugs must be in the original container with physician's instructions, all other medication must also be in the original container with legible dosage information. If there is more than one kind of medication please place the original containers into a Ziploc bag labeled with camper's name. You will be asked to provide complete written directions on dosage and frequency and verify instructions for dispensing your child's medications upon arrival.

Insurance

You, as a parent or guardian, are responsible for any medical costs incurred at camp. Be sure to provide accurate information regarding your insurance carrier in the health history you provide during the registration process.

Homesickness

Going away to camp can sometimes be a challenging event for children. We understand parent concerns and will work with you to ensure that your camper has a positive experience. Our first practice is very simple — PREVENTION. We find that keeping campers busy is the best anti-homesickness strategy around. Sometimes, however, children still experience varying degrees of anxiety. We work to help homesick campers overcome their difficulty. We have an excellent success rate! If your child is not adjusting well, we will phone you to report and discuss possible courses of action.

Waivers & Forms

All of our waivers and required forms are completed online through our registration portal. If for any reason your camper is missing a waiver, or required form, we will let you know.



Our practice is to call you if a camper is out of program for more than two hours.

Allergies: We will do our best to accommodate the needs of severe allergies.

Dietary: Questions or concerns regarding dietary needs? Contact clmteam@ymcaeastbay.org

Health: If your camper is sick, please do not send them to camp. Contact the Camp office and we will try to reschedule their camp session in cases of documented illness. For illness during camp, campers are housed in Health Center for a brief period, but will need to be picked up if their health does not improve. We will call you if your child is out of program for more than two hours. We will also call you to report any injuries or accidents that are more severe than a simple scratch or splinter.



Mail Call & More

Phone Calls Home

There is not an opportunity for campers to call home during the week. However, if a camper is feeling anxious and asks to call home, we will make it happen! We want all campers and parents to feel comfortable with their experience. If a phone call helps, then we will find a time in between activities to work that out. Our staff may also contact you to discuss information about goals, behavior, homesickness, or even a special achievement.

Visiting Days

At Camp, we want campers to fully settle into the magic of being here — making friends, trying new things, and building confidence in themselves. To help campers stay present in the moment and adjust smoothly to camp life, we do not offer scheduled visiting days during summer sessions.

Mail

Campers love receiving letters — it's often a highlight of mealtimes! To be sure mail arrives before Friday, please bring letters to the check-in table on Sunday. We'll sort and deliver mail during meals throughout the week.

SAMPLE ADDRESS

Camper's Name, Session # _____

YMCA CAMP LOMA MAR
9900 Pescadero Creek
Rd Loma Mar, CA 94021



Lost & Found

We manage lost and found items through the camp session. On check out Friday, be sure to check our display of any unclaimed items. If you discover something is missing upon your return home, email the camp office as soon as possible. After 2 weeks, we will donate any unclaimed items to a local charity. Please write your camper's name on all their items to reduce the chance of it being added to lost and found.



Online Photo Gallery & Message

We're excited to share snapshots of camp life with you. Our online photo gallery gives families a "one-way window" into the fun while campers stay fully present at camp. Photos begin posting on Monday. Uploads are limited so our focus can remain on leading great programs and creating meaningful memories.

You will also have the option to send one short message per day to your camper (messages are delivered Monday–Thursday). Instructions on how to register for the photo/message system will be included in our pre-camp email in May.

Camp Store

Our Camp Store has souvenirs, t-shirts, drinks, and snacks. Campers do not use cash — families may deposit \$10–\$25 per week into a store account. Campers may purchase one snack per day (most cost \$1–\$2). On Friday, parents may visit the store with their camper to purchase souvenirs.

Any unused store balance is donated to our campership fund. Refunds are not issued for unused store money.

ELECTRONICS AT CAMP

Camp is a place to unplug and be fully present. Cell phones and electronic devices (including iPods, computers, tablets, and handheld games) are not permitted at camp. If a device is brought, it will be collected and stored securely until Friday pick-up.

If a camper refuses to turn in their device, parents/guardians will be contacted and the camper will need to go home. No refunds are given if a camper leaves early due to electronics.

Unplugging allows campers to build confidence, independence, friendships, and memories that last long after summer.

Camp is not responsible for loss or damage of any electronic items brought to camp.

Equipment



This packing list is designed for one week at camp. Please label your camper's name on every item. The YMCA is not responsible for lost or damaged personal articles — and we strongly recommend leaving valuables at home. Camp is full of adventure... and plenty of dust and dirt! "Old" clothing and shoes are best — new items may come home well-loved by the end of the week.

Recommendation: Less is more! All clothing and belongings should fit into one large duffel bag or a small carry-on suitcase.

ESSENTIALS

Required Items:

- Sleeping Bag
- Pillow
- 2 pairs of long pants
- 5 pairs of shorts
- 1-2 sweatshirts
- Jacket
- 6 t-shirts
- 1-2 swim suits
- 6 pairs underwear
- 6 pairs of socks
- Pajamas
- 2 pairs sneakers
- 2 towels & washcloth
- Toiletries: soap, toothbrush, toothpaste, shampoo
- Comb/brush
- Lip balm, chapstick
- Sunscreen lotion
- Water Bottle
- Flashlight or headlamp

Optional Items:

- Book, reading materials, journal
- Stationary, stamped envelopes
- Camera
- Sunglasses
- Insect Repellent
- Hat
- Guitar or Drum
- YMCA rag (if camper has one)
- White 100% cotton t-shirt for tie-dyeing

Note for Campers of Driving Age

If you allow your camper to drive themselves to camp, please contact the camp office to make arrangements.
clmteam@ymcaeastbay.org

Available Activities at Camp

- Archery • Arts & Crafts •
- Climbing Tower •
- Creek Stomping • Disc Golf
- Field Games • GaGa •
- Swimming (Pool) •
- Slingshot • Paintball • ZipLine

No age restrictions on our activities.

ASK YOUR CAMPER!

Research shows that intentional questions can produce significant learning and performance benefits.

PRE CAMP ???'s

- What's one thing you want to try while you are at camp?
- What's one thing you are most nervous about? How will you handle that situation once you are at camp?

POST CAMP ???'s

- What's something new you tried at camp?
- What was the most surprising thing you learned about yourself while at camp?
- What's the one thing that makes you want to go back to camp.
- Tell me about someone new you met at camp.

NOT PERMITTED

- Video Games
- Food
- Drugs
- Valuables
- iPods/iPads
- Candy
- Weapons
- Pets
- Laptops
- Alcohol
- Fireworks
- Offensive materials
- Cell Phones
- Tobacco
- Aerosol sprays
- Sports Equipment