



2014 Parent Survival Guide

Catholic Youth Camp – McGregor, MN

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Camp Director's Welcome...

Dear Parent/Guardian,

Choosing a camp takes time, research and prayer. Even if you are sure a camp is the right place for your child, dropping him or her off and saying goodbye for the week is difficult! As the Camp Director, my job is to partner with you on the common goal of your child's success at camp. Your most precious child is in good hands at CYC.

At CYC, our number one priority is SAFETY. CYC staff is trained to be safety conscious, to build relationships so that kids are emotionally safe, and to be aware of each child's individual needs. I work closely with staff to track each child and address issues immediately. If campers are sick, our camp nurse is onsite 24 hours a day. If campers are homesick, staff is trained to help them cope. If campers have other needs, we are prepared.

I tell parents that "no news is good news." I will not be in contact if children are happy, healthy and enjoying themselves at camp. Be assured that if your child is not succeeding at camp, I will be in touch.

This Parent Survival Guide provides information to help you plan for your child's time at camp. Please, read the document and direct questions or concerns to the CYC office at office@cycamp.org or 651-636-1645. Frequently asked questions may be found on our website – www.cycamp.org!

We share your desire for your child to have a great week of camp. Please, feel free to call or email if you need. I am always happy to speak with parents about our weekly adventures. The CYC staff and I are excited to welcome your camper soon!

Thank you for choosing Catholic Youth Camp!

Sincerely,

Natalie King

Executive Director
natalie@cycamp.org



CYC Mission

THE MISSION OF CYC IS TO PROVIDE A QUALITY CATHOLIC CAMPING EXPERIENCE IN AN INCLUSIVE ATMOSPHERE OF FRIENDSHIP, COMMUNITY AND PRAYER.

Our Catholic Identity

Catholic Youth Camp has been offering a quality Catholic camping experience while welcoming youth from all faith backgrounds for over 65 years. At CYC, prayer doesn't just occur in the chapel. Throughout every day we celebrate and find God in camp activities, nature, and each other. Any camp can offer great programming, but at CYC, we plant seeds of faith so our youth can grow in purpose!

CYC Office Locations

CYC Roseville Business Office

2131 Fairview Avenue N., Suite 200
Roseville, MN 55113
Phone: 651.636.1645
Fax: 651.628.9323
office@cycamp.org

CYC On-Site McGregor Location

(May 15 to August 25 only)
19590 - 520th Lane
McGregor, MN 55760
Phone: 218.426.3383
natalie@cycamp.org

CYC Staff Contact Information

Natalie King
Executive Director
651-636-1645
natalie@cycamp.org

CYC Summer Staff

The heart of Catholic Youth Camp is the staff. CYC staff members are hired because they bring energy and passion for kids, God, and the outdoors to CYC. They create an environment that nurtures and encourages growth in each camper.

- CYC staff must be 19 years old or completed a year of college to be eligible for hiring.
- Potential staff must complete an application, interview with the Executive Director, provide both personal and professional references, and pass a background check.
- All CYC staff must be CPR and First Aid certified prior to the beginning of the summer.
- Upon hiring, staff complete 80 hours of onsite training which covers safety and emergency procedures, child abuse awareness, CYC code of conduct and expectations, behavior management, leading activities and other necessary topics.
- CYC staff complete a mid-summer performance evaluation with the Executive Director.

Catholic Youth Camp is proud to be accredited by the American Camping Association.

Goals for Camper Development

CYC staff does everything with the following two goals in mind:

1. CYC campers are physically and emotionally safe.
2. CYC campers develop life skills while having a fun experience.

SAFETY:

To ensure safety, our counselors are trained to:

- Scan the area for risk factors (broken or dangerous equipment, natural hazards in the area or building, etc.)
- Be aware of potential causes of physical injury caused by the activity (falling, overheating, burning oneself, etc.)
- Consider potential causes for emotional injury caused by the activity (poor sportsmanship, fear of trying something new, teasing, etc.)
- Identify other aspects of the activity that could become an issue (could this activity cause homesickness, is there potential for behavior problems, etc.)
- Practice strategies for preventing injury or behavioral issues
- Have a plan of action if injury or behavioral issues happen despite prevention efforts

LIFE SKILLS:

The goal at CYC is for every activity to be done for the intentional purpose of building campers' life skills. Every activity should be fun **and** help campers learn and develop the following skills:

Leadership **Creativity** **Teamwork** **Faith**
Independence **Confidence** **Problem Solving**

Before each activity, program, or task, staff members will ask themselves, "Why are we doing this and what do we want campers to gain?"



CYC is not in the business of "keeping kids busy", "entertaining kids" or "killing time".
CYC exists to develop better people through meaningful camp programming.

CYC Programs

YOUTH CAMPERS

At Catholic Youth Camp, campers of all ages will enjoy traditional camp activities including archery, arts and crafts, canoeing, kayaking, fishing, drama, dance, sports and swimming. Campers will be placed in groups based on age, and activities will be progressive to accommodate different skill levels. “All camp” activities (large group games, songs, skits and theme activities) will vary according to the weekly theme.

- **Settler** – Completed grades 1-3
- **Trailblazer** – Completed grades 4-6
- **Pathfinder*** – Completed grades 7-9



TEEN CAMPERS

All the fun of camp with unique challenges and activities for teens!

- **Leaders-in-Training** is a 2-week program for teens completing grades 10-12. LITs spend their first week training in leadership, communications, teamwork, self-esteem building, conflict management, and more. LITs assist counselors in leading activities during the second week. Teens go home on the weekend between sessions.
- **Counselors-in-Training**, also a 2-week program, is for teens who have completed 11th & 12th grades. CITs continue personal development and leadership skills from their LIT experience, but also complete team service projects, lead activities, and help in cabins. Teens go home on the weekend between sessions.
 - LIT experience is recommended, but not required.

SAMPLE CYC DAILY SCHEDULE

7:30	Rise and Shine
8:00	Cabin Clean-Up
8:15	Breakfast
8:45	Flag Raising & Morning Prayer
9:00-9:55	Cabin Activity*
10:00-10:55	Individual Activity*
11:00-11:30	Morning Break (visit camp store, bathroom break, relax)
11:30-12:25	Individual Activity*
12:30	Lunch
1:15-1:45	Quiet Time (return to cabins to get mail, read, and rest)
1:50-3:45	Individual Activities*
3:45-4:15	Afternoon Break
4:20-5:30	Cabin Activity*
5:30	Dinner
6:15-6:45	Capers (service projects around camp)
6:50-7:50	All Camp Activity*
7:55-8:20	Flag Lowering, Praise & Worship
8:25-8:35	Snack Time
8:45-9:45	Heads/Meds/Beds (wash and ready for bed, head to cabins)
10:15	Lights Out!



*Individual and cabin activity choices include: archery and slingshot, arts and crafts, canoeing, drama/dance, fishing, sports, swimming, and more! Campers choose their individual activities and are assigned with campers from their own age group. All camp activities include Capture the Flag, Angels and Demons, a dance party, a talent show and many theme based programs.

Camp Store



Each day, campers have a chance to visit the CYC store! T-shirts, sweatshirts, stuffed animals, backpacks, souvenirs, notepads, envelopes, stamps, bug spray, snacks, drinks, and water cost from \$1-\$25. Families generally deposit \$5-\$50 per child into store accounts.

You can deposit money into your child's Camp Store account by ONE of the following:

- 1) Selecting and paying for the desired amount in your online registration account.
- 2) Contacting the camp registrar at 651-636-1645.
- 3) Turning in funds at the check-in table on the first day of camp.

Camp store balances in excess of \$10 after camp can be refunded if the request is made in writing (for tracking purposes) no later than October 1st. Emails, fax or mail are acceptable. Unclaimed funds or those with less than \$10 are donated to our CYC Camper Assistance Fund. Refunds will be issued by the same method as payment was received.

We ask that campers NOT bring cash to camp.

**The Camp Store has a 1 sweet per day policy.
Campers are only allowed to purchase more than one treat on Family Day.
Campers are not limited on healthy snacks and bottled water sold in the store.**

What to Bring to Camp!

At camp we get dirty, wet, spend time at arts and crafts (with paint, glue, etc.), and do a variety of activities that will cause clothes and shoes to come home much rougher than when they came to camp. **Please, do not send items that are valuable or you don't want to get dirty. CYC is not responsible for lost or broken items.**

****Please label all items with your child's name****

PACKING LIST:

- | | | |
|--|-------------------------|---|
| 🍏 Sleeping bag | 🍏 Shampoo | 🍏 Underwear & socks |
| 🍏 Pillow | 🍏 Brush/comb | 🍏 Swimsuit (one piece for girls) |
| 🍏 Pajamas | 🍏 Bath towel/wash cloth | 🍏 Beach towel |
| 🍏 Flashlight | 🍏 Pair of shorts | 🍏 Raincoat/light jacket |
| 🍏 Sunscreen | 🍏 Pair of long pants | 🍏 2 pairs of shoes (1 that can get wet) |
| 🍏 Bug repellent | 🍏 T-shirts/tanks | 🍏 Water bottle |
| 🍏 Toothbrush/paste | 🍏 Long-sleeve shirt | |
| 🍏 Soap | 🍏 Sweatshirt | |
| 🍏 *A set of clothes that can get muddy/sticky/stained/etc.* | | |

OPTIONAL ITEMS:

- 🍏 Bible
- 🍏 Stuffed animal
- 🍏 Stationary/envelopes/stamps
- 🍏 Camera/film
- 🍏 Hat/sunglasses
- 🍏 Book to read

SORRY – NOT ALLOWED ITEMS:

- ✗ Food/candy (attracts critters)
- ✗ Blow dryer/curling iron (fire hazard)
- ✗ Cash (see page 8 for Camp Store info)
- ✗ Hazardous sports equipment (archery items, etc.)
- ✗ **Electronics (video games, iPods, cell phones, etc.)**



MODEST IS HOTTEST AT CYC!

At Catholic Youth Camp, campers, staff and guests are expected to respect God, each other and oneself at all times. Modesty includes appropriate behavior, language and conversation, and dress. Anyone not acting modestly will be asked to change (behavior, language, clothing) or will be asked to leave. In order to avoid an embarrassing and upsetting situation, we ask that you please help your camper (even pre-teen or teenager) pack. Because modern fashion is not always modest, here are some guidelines for packing:

Clothing

- No inappropriate words or pictures printed on any clothing (ie- vulgar language, violent, sexual, discriminatory or offensive content, tobacco or alcohol promoting content)
- No visible underwear or extremely tight clothing.
- You must be fully dressed in all common areas (i.e. shirts must stay on while playing sports, etc.).

Tops

- No cleavage-baring and/or midriff-baring shirts.
- Shirts that are transparent (see-through), expose a bare back, halter tops, and tube tops are prohibited
- Tank top straps must be at least 1 inch wide

Bottoms

- Must be worn at the waist (sagging is not allowed)
- Shorts must reach fingertips when arms hang at your side

Bathing Suits

- Females- one-piece suits recommended, however, two-piece suits are allowed as long as they are modestly cut. No string, thong or crochet suits will be allowed.
- Males- swim trunks only (no Speedo or bikini style)

Shoes

- **Flip flops are for the shower only!** Uneven terrain, active programming and overall camp environment require more support and coverage than flip flops offer.
- High heeled or dress shoes are not appropriate camp footwear

Transportation – Arrival at Camp on SUNDAY



Driving to Camp

- Plan to arrive at CYC at approximately 3:30pm on the first day of camp (Sunday).
- Please, do NOT arrive early - we are busy planning for your arrival!
- **Both parent and child** should report to the Welcome Center (see map – page 9) for check-in.
- Be prepared with any medications or camp store funds ready to turn in.

Bussing to Camp – Please, plan to *arrive prior to the check-in/load times* indicated below.

• **Roseville Bus Stop:**

- Location – Corpus Christi Church parking lot (SW corner of Fairview Ave and Co Rd B)
 - 2131 Fairview Avenue N, Roseville, MN 55113
- Check-in/Load – begins at 12:15 pm
 - Please, escort your child(ren) to the check-in table located inside the entrance of the Hand in Hand Montessori School at Corpus Christi. **Both you and your child must sign in.**
 - Be prepared with any medications or camp store funds ready to turn in.
 - Please remain until counselors begin working with the campers.
- Departure – 1:00 pm (the bus **must** leave promptly to arrive at Cambridge on time)

• **Cambridge Bus Stop:**

- Location – NW corner of the Wal-Mart parking lot
 - 2102 – 2nd Avenue, Cambridge, MN 55008
- Check-in/Load/Depart – approximately 1:45 pm
 - For safety reasons, please wait inside your vehicle until the bus arrives.
 - When CYC staff exit the bus, escort your child(ren) to the waiting bus.
 - Be prepared with any medications or camp store funds ready to turn in.
 - Wait until your child(ren) is properly checked in and aboard the bus.



Transportation – Departure from Camp on Friday

Driving to Camp & Participating in the Closing Ceremony Celebration!

- Participating in the Closing Ceremony is not required, but join us if you are able!
- Arrive to camp at (not before as campers are in programming) 1:00 pm on Friday to participate in a closing celebration to begin promptly at 1:15 pm!
- Park on the soccer field and proceed to the fire circle (see camp map on page 9).
- Hear highlights from the week, see performances by each cabin, meet your child(ren)'s counselor, take a tour of camp, and visit the Camp Store!
- **PLEASE, SIGN OUT WITH YOUR CHILD(REN)'S CABIN COUNSELOR PRIOR TO LEAVING CAMP. REMEMBER TO PICK UP ALL GEAR AS WELL AS MEDICATIONS FROM THE NURSE.**

Bussing Home from Camp – Campers board the bus, take attendance, and leave camp about 2:30 pm.

- *Please arrive prior to the approximate return time listed below. The bus must wait until all departing campers are signed out. Delayed parent arrivals delay the bus arrival to the next stop.*
- **Roseville Bus Stop:**
 - Location – Corpus Christi Church parking lot (SW corner of Fairview Ave and Co Rd B)
 - 2131 Fairview Avenue N, Roseville, MN 55113
 - Return – approximately 5:15 pm
- **Cambridge Bus Stop:**
 - Location – NW corner of the Wal-Mart parking lot
 - 2102 – 2nd Avenue, Cambridge, MN 55008
 - Return – approximately 4:15 pm
- **PLEASE, SIGN YOUR CHILD(REN) OUT WITH THE BUS CHAPERONES PRIOR TO LEAVING. REMEMBER TO PICK UP ALL MEDICATIONS AND GEAR.**
- **Bus Delays** – If the bus is more than 30 minutes late to the scheduled stop, call 218-426-3383 to receive available information about the delay. **Corpus Christ staff do NOT have information about bus delays, please wait patiently!**

IMPORTANT: If anyone other than a custodial parent/guardian will pick up your child from camp, add that information to the online registration system or obtain a PICK-UP AUTHORIZATION form from the office. We will not release a child to a non-custodial parent/guardian/friend without this completed form.

We cannot accept phone messages or notes at the pick-up point.

Directions to Camp

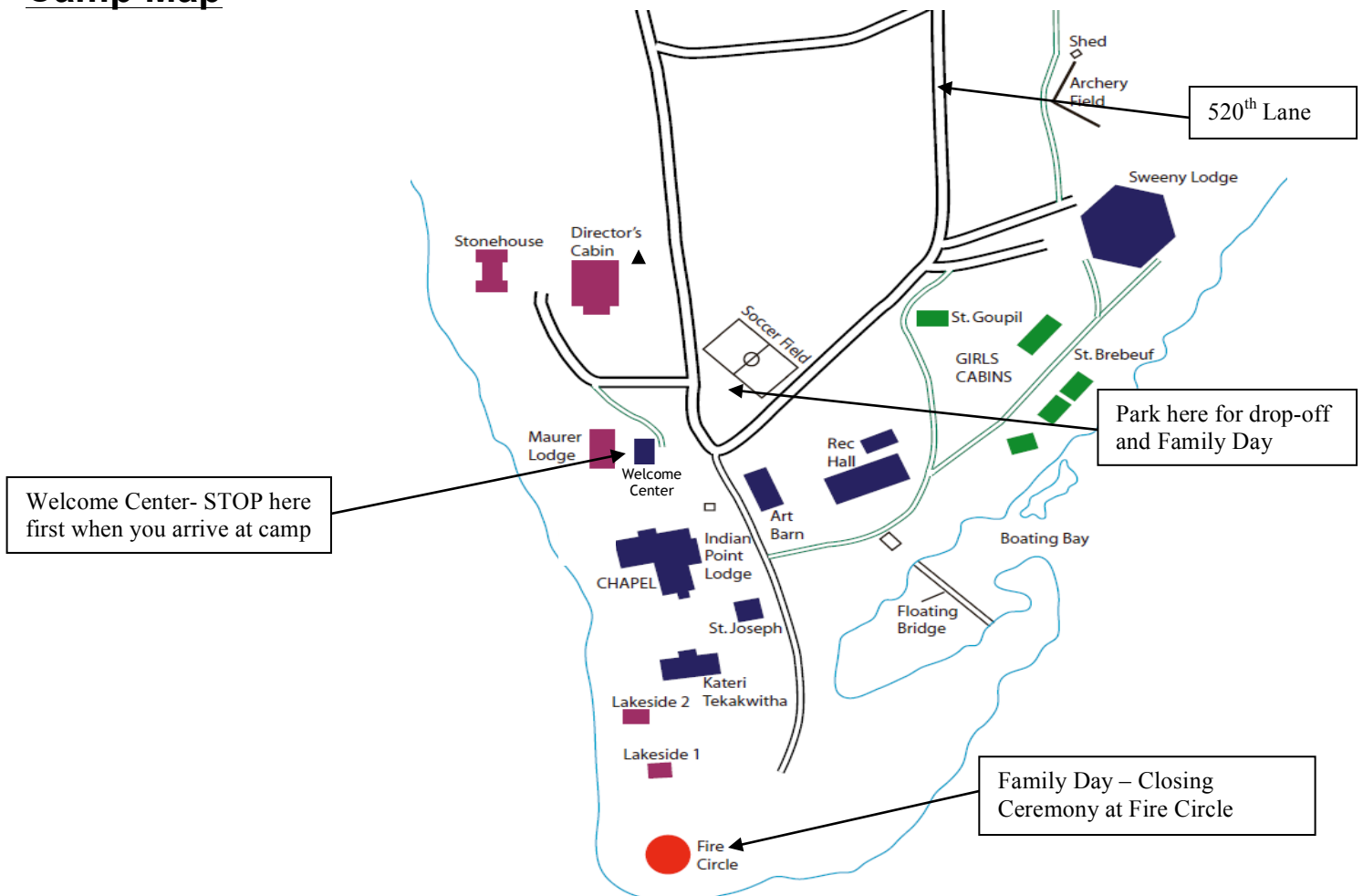
From Minneapolis/St. Paul

- Take MN 65-north through Cambridge to MN 210 (approx. 110 miles north of Minneapolis)
- Turn Left at stop sign onto MN 65/210 (going into McGregor). Continue approx 1 mile.
- Turn right at stop sign on MN 65 North and continue approx. 7 miles to County Road 14 (Sather's Amoco on your near right).
- Turn right on County Road 14 (follow signs for Savannah Portage State Park); follow 5 miles to 520th lane.
- Turn Left on 520th lane (you will see CYC signs at this point).
- Follow the signs to camp (approx. 1 mile).

From St. Cloud, Minnesota

- Take MN 23-east through Foley and Milaca to US 169 North (approx. 25 miles).
- Bear left on US 169-north. Follow 8 miles past Aitkin to MN 210-east (approx 70 miles).
- Turn right onto MN 210 east and follow to McGregor, MN.
- Turn left at stop sign on MN 65 North and continue approx. 7 miles to County Road 14 (Sather's Amoco on your near right).
- Turn right on County Road 14 (follow signs for Savannah Portage State Park); follow 5 miles to 520th lane.
- Turn Left on 520th lane (you will see CYC signs at this point).
- Follow the signs to camp (approx. 1 mile).

Camp Map

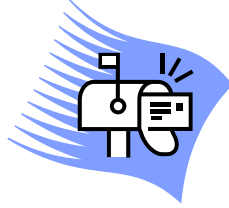


Camp Communication - There are many ways to keep updated while your child is at CYC!

U.S. MAIL

Mail is an important part of the camp experience. We encourage parents to send letters, postcards, or care packages to their campers. Please, allow ample time for delivery as mail service to camp can be slow. **Do NOT mail cash or valuables.** CYC is not responsible for lost mail. Any mail that arrives after a camper's departure will be forwarded to his/her home. Mail for campers should be addressed in the following manner:

(Camper Name)
Catholic Youth Camp
19590 – 520th Lane
McGregor, MN 55760



TELEPHONE

Camper phone use is limited to emergencies only as determined by the Camp Director. This applies to both incoming and outgoing calls. If you have an emergency or would like to check in with the Camp Director, please call 218-426-3383 or email to natalie@cycamp.org.

EMAIL A CAMPER

One-way emails (**campers do NOT respond**) can be sent to campers. Emails are purchased in blocks of 5 messages for \$3.00 per block. Unused emails cannot be refunded, but they can be carried over from one camp session or season to the next.

Emails are delivered once a day, usually at lunch. Messages received by 6:00 am are likely to be distributed to campers on that day, unless technical errors exist.

Follow these instructions to send your camper an email:

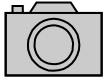
1. Go to the CYC website (cycamp.org), click on “Email” at the right side of the homepage, and log into your online registration account
2. On the left side of the page, click “Email a Camper”
3. Read through the information on sending a message
4. Scroll down and click “Purchase Emails” to select the number of emails you wish to buy
5. When you have purchased emails, select your camper from the scroll down menu, compose your message, and click “Send Message”
6. If you would like to allow family and friends to send messages to your camper, invite them to do so by clicking “Create Friend Accounts”



CAMP PHOTO GALLERY

Friends and family can view the camp photo gallery for **free**. You do not pay anything unless you wish to purchase high resolution prints. To view the camp photo gallery:

1. Go to the CYC website (cycamp.org) and click on “Photo Gallery” at the right side of the homepage.
2. Log into your online registration account or enter this **gallery password**: [tekcamp11](#)
3. Select the session and photos you would like to view.



CAMP BLOG

The camp blog is the best way to find out about the weekly adventures at camp! The blog is updated 3-4 times a week with pictures and information on what campers have been up to. The blog also may explain the pictures in the Photo Gallery! Visit the CYC blog at www.cycamp.org/blog.

The Blog is our primary form of communication while your campers are with us.

Registration Policies

- Registration incurs a \$100 **nonrefundable** fee per camper.
- If cancellation is made prior to 10 calendar days of the camp start date, the balance of camp fees paid (not including the \$100 deposit, but all other charges such as store and bus) will be refunded in the manner paid (credit card, check, etc.). Cancellation of camp within 10 days of the start of camp will not yield a refund.
- You may change sessions as space permits until 10 days prior to your session's start date without penalty.
- If a camper does not attend due to a Director-approved illness, injury or other situation, the family may choose another session during the current camp season. If the camper is unable to select another week, the balance of the fees (not including the \$100 deposit) will be returned.
- All camper fees must be paid in full by May 15. Registration after this date requires payment in full. Campers who are not paid in full or do not have payment arrangements established by May 15, may lose their camp spots. All fees must be paid before the start of camp.

Bus Policies

- Bus transportation is available to and from camp in Roseville and Cambridge, MN. Each one-way trip costs \$35, roundtrip is \$70. You must pre-register for the bus. Walk-ups not accepted.
- Bus can be added up until the Thursday prior to the start of selected camp session, as space permits. Late or emergency adding of return bus trips must be paid in full at the time of designation.
- You may cancel the bus with a full refund until 10 days prior to the start date of camp. Cancellations of less than 10 days do not yield a refund.
- The bus, usually a coach bus provided by LCS coaches, may be substituted with a school bus or van based on availability.
- We reserve the right to cancel the bus if there is insufficient interest for a specific session. We will contact you at least 10 days prior if this occurs and provide a refund on bus fees (only) paid.

Family/Multi-Session Discount

All families registering for more than one camper or session receive the "multi-session discount" of \$45 off the 2nd and subsequent registrations. This may be used in combination with the Early Bird discount. The discounts are automatically applied in the registration system. ***Sampler sessions are excluded.***

Camper Assistance Fund (Financial Aid)

- Financial aid is available for the cost of camp only, up to 50% of camp fees. CYC does not fully fund campers.
- Financial aid applications are due April 30, *no exceptions*. \$100 is due per camper upon application for financial aid. Incomplete applications or those sent without payment will not be considered.
- CYC will notify all applicants of their determinations by May 15. If you do not receive sufficient aid, your \$100 deposit can be refunded by returning the Determination letter.
- Payment arrangements on the balance (with or without a financial aid award) can be set up with the registrar. If payment arrangements are not honored, you may lose the amount already paid and/or registration. All fees must be paid before the start of camp.
- To request a financial aid application and learn of other fundraising suggestions, contact the CYC office after January 1. Applications can also be found online.
- ***Financial aid cannot be combined with the family discount. Sampler sessions do not qualify for financial aid.***

Donating to the Camper Assistance Fund

The “Camper Assistance Fund” assists children who apply for aid.
If you are able to contribute, please send your donation to:

Catholic Youth Camp
Camper Assistance Fund
2131 Fairview Ave
Roseville, MN 55113

All donations are tax deductible. Thank You!

Recruiting Campers

Consider earning your way to camp with our Recruiting Program.

- Email Natalie at Natalie@cycamp.org & get a personal recruiting code.
- Hand to code out to NEW campers & have them enter it when registering.
- NEW campers get a \$25 discount with your code.
- For every NEW camper you recruit, you can earn \$25 off the cost of camp for your camper.
- There is no limit to how many campers you can get discounts for recruiting!

CYC Behavior Guidelines



Catholic Youth Camp embraces a respectful, supportive and inclusive environment where each camper, staff member, volunteer, and visitor can fully experience camp. To promote safety and comfort, we ask all individuals to act appropriately, maturely, responsibly and respectfully at all times whether at our facilities or participating in our programs. The following camper behavioral expectations have been established:

- Campers will treat their peers, CYC staff, volunteers, and camp guests with respect at all times, including respect for feelings and privacy.
- Campers will respect camp property and the property of others.
- Campers will remain in the presence of CYC staff at all times or have permission to visit other designated camp program areas.
- Campers will follow directions of all CYC staff and designated volunteers.
- Campers will not use obscene or offensive language or gestures (or wear it on their clothing) while participating in and/or being transported to/from CYC or its activities and events.
- Campers may disagree with others, but they are expected to share their disagreement calmly and privately with the person or persons with whom they disagree. If this is unsuccessful, they should discuss their disagreement with staff.

A camper unsuccessful in meeting the behavioral expectations of CYC will first be referred to the Camp Director's office to respectfully work on choosing appropriate behavior. If the problem continues, the parent/guardian of the camper will be notified and asked for additional assistance in helping the camper make positive choices. If the behavior cannot be resolved after exhaustive efforts, the camper will need to leave camp, and the camper's parent/guardian will be **required** to pick him/her up at camp. **No refund is issued for behavior-related departures from camp.**

The following behaviors are considered extremely serious and result in immediate removal from camp:

- Possession and/or use of alcoholic beverages, tobacco products, narcotics, illicit drugs, drug-related paraphernalia, and all other controlled substances.
- Possession and/or use of any type of weapon including, but not limited to, guns, knives, martial arts type weapons, etc.
- Theft or vandalism of camp property or the property of others.
- Any behavior that seriously compromises the safety and/or well being of any camper, camp staff, volunteer or guest.



Child Abuse Prevention

- CYC has a zero tolerance for any type of abuse. If you witness or feel that your child is in danger of any type of verbal, physical, sexual, or emotional abuse, please report to Natalie King, Executive Director, at 651-636-1645. Also, CYC staff members are mandated reporters. If staff members suspect a child is being abused at home, they must report the suspected abuse.
- Staff and volunteers should only contact your family regarding camp information through telephone, notes in backpacks, or in person. Computer communication (emails, chats, Facebook, etc) to children or families is not permitted (this excludes the Camp Registrar, Office Assistant, and Executive Director).
- Staff and volunteers should not ask children to participate in other activities outside CYC (unless previously cleared by the CYC Executive Director and parent/guardian in writing).
- Staff and volunteers are not allowed to transport children in their own vehicles.
- Staff and volunteers are not allowed to babysit children met through CYC outside the program area (unless previously cleared by CYC Executive Director and parent/guardian in writing).
- Staff and volunteers are not allowed to give special gifts to campers for any reason.

IF STAFF/VOLUNTEERS HAVE BROKEN THESE RULES, CALL NATALIE KING IMMEDIATELY 651-636-1645.

All policies in this Parent Survival Guide have been established using American Camping Association guidelines and approved by the Catholic Youth Camp Board of Directors.

MEDICATION & ILLNESS PROCEDURES

CYC has a fully equipped Health Center staffed day and night by volunteer Registered Nurses or other licensed medical personnel. All staff members are certified in first aid and CPR. CYC is 12 miles from the clinic in McGregor and 40 minutes from emergency room care in Aitkin.

CAMPER HEALTH COMMUNICATION

Certain health situations may require the camp's healthcare provider to contact you.

Examples include, but are not limited to:

- Inconsistent or incomplete information on the Physical Exam and/or Health History
- Clarification of medication dosage or administration
- An injury or illness that is deemed to be (or has the potential to be) more serious than our clinic can treat. This could include:
 - Potentially serious injury to the head or face
 - Fractures
 - Burns (other than simple sunburns)
 - Any illness or injury that does not respond to treatment
 - Any injury or illness requiring consultation with, or transfer to, a physician
 - Exposure/potential exposure to a communicable disease (chicken pox, ringworm, head lice, etc)



In non-emergent situations, like clarifying information, we will contact you at home, work, or on your cell phone utilizing information you provided. If we do not reach you, a message will be left indicating who is calling, the purpose of the call, and the number at camp (218- 426-3383) for a return call.

In emergent situations, when a camper must be transferred elsewhere for care, parents/guardians will be contacted immediately. If unavailable, emergency contacts (including relatives) will be notified. A copy of the camper's medical insurance card, which is required with the Physical Exam form, will accompany the child offsite. All medical costs incurred are the responsibility of the camper's family.

In cases of exposure or potential exposure to communicable diseases (i.e., chicken pox or head lice), notification may be done by email or letter to your home.

MEDICATIONS

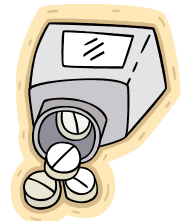
Please list all medications on the online registration form. **Medications brought to camp must be current and in the original containers.** They must indicate the camper's name, prescribing physician's name, medication name, dosage, and administration schedule. **All medications must be turned into the Health Director during health screening (which occurs upon arrive to camp) or at the bus stop, whichever applies.** For camper protection, all medications will be stored in the Health Center. The Camp Nurse will dispense medications as directed.

The Health Center stocks and administers non-prescription pain relievers, allergy medications, and topical lotions for rashes and minor abrasions. CYC discourages participants from bringing over-the-counter/non-prescription medications. When it is necessary to send non-prescription medications, please have the medications in their original package/bottle and check them in upon arrival.

HEALTH SCREENING

Do not send your child to camp if he/she has any of the following:

- Fever over 100° (or accompanied by other symptoms, like diarrhea)
- Respiratory Problems (involving severe congestion and/or unexplained wheezing)
- Vomiting or Sore Throat (if accompanied by other symptoms)
- Rash (if cause is unknown or it's not being treated)
- Contagious Illness (chicken pox, scabies, ringworm, presence of lice or lice eggs, etc)



If you send your child to camp ill and the child must be returned home because of the illness, you may not receive a refund on your registration. Be sure to contact the CYC office at 651-636-1645 or the camp nurse at 218-426-3383 if you question whether your child is well enough for camp.

Reducing Homesickness



It is common and natural for new and returning campers to miss home while at camp. To reduce homesickness, CYC staff work hard to make sure when each camper arrives that he/she feels comfortable and welcome knowing what will be happening the first day.

If your child shares a concern about missing home, let him/her know that those feelings are natural and okay, but try not to dwell on concerns. Here are some tips to reduce potential homesickness:

- Work together as a family to plan and pack for camp.
- Practice being away from home by spending a weekend at a friend's house.
- Consider arranging for a first-time camper to attend with a close friend, relative, or "buddy."
- Discuss and acknowledge feelings on what camp will be like before your child leaves. Consider role-playing anticipated camp situations, like using a flashlight to find the bathroom.
- Talk enthusiastically with your child about camp activities and experiences.
- Encourage your child to write home while at camp (pack stationary, envelopes, stamps), and let him/her know you will be sending letters.
- Let your child know you will miss him/her, but that you can't wait to hear about the fun had.
- Have your child bring a "comfort" item from home (stuffed toy, blanket, picture).
- Avoid suggesting your child can call home if he/she is upset. Do not say you will "rescue" your child if he or she does not like camp.
- Share positive camp experiences you had as a child.

Parents can email camp at natalie@cycamp.org to check on their children's well being. However, phone contact with campers generally intensifies homesickness and is discouraged.

Catholic Youth Camp Wish List

If you have any of the following items, please consider donating them to CYC:

- Plastic storage bins with covers (We love clear bins, but any size, shape or color are helpful!!)
- Bean bag chairs, pillows, or carpet squares
- Guitars and hand percussion items
- Knitting needles and yarn
- Shoe boxes
- Art supplies (beads, crayons, markers, old game pieces to glue, building blocks, etc.)
- Scissors, glue, tape
- Costumes, masks, wigs, old bridesmaid or prom dresses
- Group board games in good condition, preferably not battery operated
- Riding lawn mower in good & working condition
- Office copier (only needs to be black & white)

***Donations can be dropped at the Parish Center at 2131 Fairview Ave , Roseville
(a box for CYC donations sits in the entryway) or call 651-636-1645 to make arrangements.
You can bring stuff with you to camp or to the bus also.***

Catholic Youth Camp

2131 Fairview Ave. N | Roseville, MN 55113 | Phone: 651-636-1645
Fax: 651-628-9323 | office@cycamp.org