



Parent Handbook



The How to Guide for Day Campers

Pick up and Drop off Times

At Camp Don Bosco Drop off: 8:30am-8:45am | Pick Up: 4:00pm-4:30pm

Seattle Bus Drop-off 7:15am | Pick Up 5:00pm
St. John, Seattle | 120 N 79th St, Seattle, WA 98103

Bellevue Bus Drop-off 8:10am | Pick Up 4:15pm
St Madeline Sophie | 4400 130th Place SE, Bellevue, WA 98006

Kirkland Bus (Week 2 & 3) Drop-off 8:15am | Pick Up 4:15pm
Holy Family Kirkland | 7300 120th Ave NE, Kirkland, WA 98033

425.333.6135 | cyo@seattlearch.org

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Welcome to the CYO Camp Family

Thank you for choosing CYO Summer Camps for your child's summer camp experience! Our two camps span more than 700 acres of forest land in the foothills of the Cascade Mountains which provide the perfect setting for our diverse, challenging and fun programs. Campers will make lifelong friends and learn about themselves from exceptional staff. They'll acquire and strengthen new activity proficiencies as well as values based, social skills. They'll learn all about the Catholic faith while interacting and living in community with children and staff from diverse backgrounds. But most of all, they will grow and have FUN!

This handbook will help you prepare your child for camp and frequently asked questions. We encourage you to read and become familiar with our handbook. If you have any questions or concerns about the registration process, please feel free to contact our **Camp Office at 425-333-6135** between 9am – 5pm Monday through Friday.



Also, please do not hesitate to let us know how we can ensure that your child's camp experience is exceptional. Again, thank you for choosing CYO Summer Camps. Your family is in our prayers as we prepare for an amazing summer. We look forward to seeing you on check-in day.



God Bless and Peace!

Shaune Randles
CYO Camp Director

Get to Know Camp, Before Summer

Our Open Houses, Easter Egg Hunt, and Family Camps are the perfect ways to experience camp as a family before you send your child to Overnight Camp.

Easter Egg Hunt: April 5th

Open House: Please call 425-333-6135 to schedule a private tour

Family Camps – Last weekend in June and Labor Day Weekend

For More information about the many ways you can experience camp as a family or to arrange a private tour please call or email us at 425-333-6135 or cyo@seattlearch.org.

About CYO Summer Camps

Our Mission

We challenge those who experience camp to live, learn, and grow in Catholic faith through time spent as part of our community and beyond.

We invite everyone to attend camp with the hospitality of Christ. Our camps are designed to help campers to learn more about the Catholic faith while living in community and doing fun activities. Any child whether Catholic or not will have a fun faith-filled experience.

Our Proud Heritage

CYO in Seattle was formed in 1950 by the work of Archbishop Connolly and Gordie Hamilton. Some of the original traditions have passed down for over 70 years! The camps are a ministry of the Archdiocese of Seattle.

Staffing

One of the most important components of a good camp experience is the staff. We are very proud of our outstanding staff that provides leadership in the cabin and program areas.

Our staff are recruited from around the country and even world! We look for adults who are excited about their faith and will be excellent role models for your child. All staff goes through an application process that includes an interview, references, and a criminal background check. Staff members attend an intensive training that covers everything from health care, child development, behavior management, Virtus Protecting God's Children and how to foster the growth of faith. An adult is always on duty with every group and continually monitors camper behavior



Accreditation

We are proud to be accredited by the American Camp Association. Accreditation is voluntary and ACA accreditation assures families that camps have made the commitment to a safe, nurturing environment for their children.

ACA goes beyond basic requirements for health, cleanliness, and food service into specific areas of programming, including camp staff from director through counselors, emergency management plans, health care, and management. ACA applies separate standards for activities such as waterfront, horseback riding, and adventure and travel. Some Standards are:

- Staff-to-camper ratios that are appropriate for different age groups (*Our Overall staff to Camper ratio is 4:1*)



- Goals for camp activities that are developmentally based
- Emergency transportation available at all times
- First-aid facilities and trained staff available when campers are present

More Than a Summer Camp

Not only do campers get to eat s'mores, make friends, and shoot archery, their lives are transformed through programs rooted in **CATHOLIC** tradition and personal growth. Fun hands on games and high adventure activities are used to teach **PROBLEM SOLVING**, Christian values, and **TEAMWORK**. Campers are unplugged and are taught social skills like team work, conflict resolution, and recognizing God's presence in everyone.

Preparing for Camp

Campers are encouraged to develop a sense of responsibility while at camp. They take care of themselves and their belongings with counselor supervision. We ask that you encourage your child to help select and pack his/her items for camp. (Don't worry too much about neatness!) One of the greatest things children can learn from this camping experience is how to take care of themselves. Support your child's decision to come to camp, and allow him/her to make choices when planning for camp. Above all, concentrate on the new and positive experiences he or she will have.



What to Wear

At camp, we follow the rule of thumb that clothing needs to be ready to play. If you can't bend over and pick up a ball or run around in a game then it shouldn't be sent to camp. We also have a waterslide at Don Bosco and have boating at Hamilton so please send swim wear that will stay in place (no bikinis for girls or speedos for boys). Please also do not send clothing with inappropriate logos such as drug, alcohol, or tobacco related references.

We urge campers to dress comfortably at camp and in the kinds of clothes they would wear for play at home. We recommend that you do not buy new clothes for Camp – instead send along old, comfortable clothing that can get dirty and/or stained and that you won't care if it is lost or damaged. Please be certain to mark your child's name clearly on all articles.

Do Not Bring

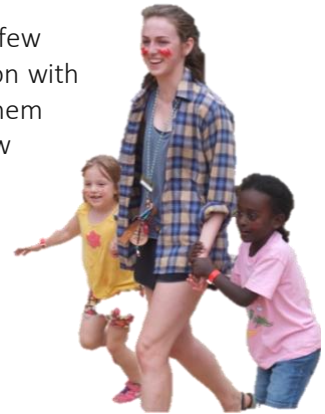
Expensive Items, electronics (including games, music players, etc), cell phones, pets, gum, matches, fireworks, weapons of any kind (knives, guns etc), Alcohol/drugs, personal sports equipment, and vehicles (campers cannot drive themselves to camp).

Do not send or pack any food that contains any nuts including peanut butter. Due to the number and severity of nut allergies, a staff member will monitor the care packages and snacks coming into camp and have campers turn in any nut products to be held in the office until the end of the week.

Cell phones and other screens at CYO Summer Camp

Camp is a unique and amazing experience for your child. It's probably one of the few places on earth that they can unplug from technology and engage in God's creation with other kids. We are here to help your camper throughout the week and support them in a caring environment where they will learn social skills, communication and how to spend time away from technology.

We've also learned that while camp is perfect for kids because we play in the dirt and run through the woods... this environment is not well suited to your electronic devices. They can fall out of pockets playing Gaga, accidentally take a swim in the pool or lake and who knows what else could happen when your camper is having this much fun!



Day Camp Packing List

We encourage you to have your camper leave some of the equipment on the list (the ones with asterisks) at camp each evening so there is no risk of leaving them at home. Swimsuits and towels will be hung out to dry and other equipment will be kept in a cubby.

CLOTHING ITEMS

- Medications
- Day Pack
- Long Sleeved Shirt*
- Closed Toe Shoes
- Long Pants (required for ropes course, and horses)*
- Shorts
- Swim Suit*
- Towel*
- Water Bottle
- Sunscreen*

- Bug Repellent*
- Rain Gear*
- Extra Pair of Socks*
- HORSE CAMP:** Boots with a ¾" minimum heel (smooth sole) –Helmets are provided by CYO

OPTIONAL ITEMS

- Bible
- Rosary
- Camera/film (please no smart phones)
- Sandals

Check-in/Check-out Procedures

Please use the directions to camp on our [website](#) or at the end of this hand book and not your smart phone or GPS. Unfortunately, your GPS or smart phone will lead you to more rural roads that do not lead to camp.

Every camper will have to be signed in and out of camp or the day camp bus. When you registered online you were asked for a list of persons who will be authorized to drop-off and pick-up your child at camp. If you need to add someone to that list after camp starts please call the camp 425-333-6135.

The person dropping a camper off must sign the child in and stay with the camper until the child has completed the check-in process. At the conclusion of the day, the child will be released to the care of the authorized adult who signed the child in or is on a list of authorized persons.

Anyone picking up a child at the end of camp may be required to show a valid photo ID.

In situations where there is a restraining or no-contact order involved, a copy of the order must be delivered to the CYO office prior to the opening day of camp so we can comply with the order.

SHOULD AN ADULT ATTEMPT TO PICK UP THE CHILD WITHOUT BEING ON THE LIST THEY MUST WAIT UNTIL ALL OTHER CAMPERS HAVE BEEN PROCESSED AND WE HAVE HAD THE OPPORTUNITY TO DO A THOROUGH INVESTIGATION.

PICK-UP/DROP-OFF AT CAMP

If you are dropping your camper off at Bosco, you can do so between 8:00- 8:30am. Pick up at Bosco will be between 4:30-5:00pm

BUS TRANSPORTATION

Times and locations listed on the front page of this manual.

Please plan to arrive 10-20 minutes early on the first day, to allow for check-in, as the bus leaves promptly at each scheduled time. CYO Staff will be at the locations to help check campers in and to provide supervision on the bus. See the chart for locations and pick up/drop off times. The bus will return back at the listed time each day.



Prior to the time your child finishes the check-in process we consider them in your care and custody and we expect you to provide any necessary supervision. CYO carries out supervisory responsibilities from the time your child finishes check-in until the child disembarks the bus and he/she is back in your custody at the end of the day.

Once on the bus, the CYO staffer on board will talk to the campers about certain rules for riding the bus – always sitting in their seat, not walking around, not extending hands or feet out the windows, no yelling, etc. If you think that it would be helpful for you to reinforce those ideas ahead of time, we would welcome your cooperation in talking with your child.

Health Screening: A screening will be completed when your camper arrives to camp. Among other things, the screening includes a head check for lice. Camp has a strict lice policy and any child having nits or eggs will not be admitted to camp until they are nit free.

Medications/Health Care: All campers are prescreened at check in by a trained staff member monitored by our camp nurse. All prescription and over the counter medications will be checked into the camp nurse including vitamins. Please have any medications in their original container in a labeled zip lock bag. We have basic over the counter medications and first aid supplies at camp. If your child does not take over the counter medications on a routine basis you can leave them at home and we will supply the medications if they are needed.

Cabin Assignments (group assignments): You will be given your child’s cabin assignment during the check in process.

**Please allow ample time on the first day to drop-off and pick-up your child – it is not unusual to wait up to 10 minutes while your camper is checked in.*

Camper Adjustment

Parents and first-time campers experience a wide range of feelings as the first day of day camp approaches. Along with the excitement and anticipation of all the wonderful new experiences ahead, there may also be anxiety about these new, unfamiliar experiences. Realize that even though this separation is hard on you too, it is a wonderful opportunity for your child to build confidence and a sense of self-reliance. The following suggestions for first-time campers will help you and your child make the most of this important transition.

Come to an Open House or Our Easter Egg Hunt: This is a great time to become familiar with the camp setting, program areas, and some of our camp staff. You may also call the office to schedule a personal tour if the Open House dates are not convenient for you.

Pack for camp together: By doing this, campers know what they're bringing to camp and where everything is packed. This will help them to feel responsible and capable. This is also a great time to talk about all the wonderful opportunities ahead. Resist the urge to pack for them; this can be the help the camper of learn the independence we will be helping to teach at camp.

Parent Notification and the Camp Phone: In the event of an injury or if a child becomes ill beyond the basic first aid and minor illness outlined in our standing orders the nurse will call to inform you of treatment and next steps. This might include large cuts, abrasions, heat and cold related illness, etc. If you're child develops a fever or is vomiting we will ask you to come pick them up to prevent spread of the illness to the rest of camp.



The camp phone is for emergency use only. Please know that there is only one line used in camp and if you call – it should be for emergencies or change of transportation only.

Don Bosco: 425-333-6135

Homesickness is a natural feeling experienced by many campers: experiencing homesickness is not uncommon at camp, regardless of age, gender, day or resident camp. Parents will be informed by the camp director if their child is suffering from extreme homesickness. Our staff works with the camper to help him/her feel safe at camp and usually the homesickness cures itself. We will not deny a camper a phone call home, but we will contact you prior to having your child call home in extreme cases.

If you would like more information on homesickness at camp and how to be supportive as a parent please visit the [American Camp Association](#) for more tips. We are accredited by the American Camp Association who also writes very helpful articles for parents.

The Camp Program

A well-rounded camp experience includes being exposed to a variety of educational and recreational programs. We feel that an important part of a camper's experience is to have a choice of activities that meet the abilities of a variety of children. It is our goal to offer many fun, creative, and safe programs in accordance with the guidelines and standards of the American Camping Association. We will assume that your child may participate fully in camp unless we receive a signed written request stating otherwise.

Typical Daily Schedule

The schedule below should be used as a guide, circumstances sometimes call for changes in times and/or activities. We have designed the schedule to be a blend of prayer, high energy and more reflective camp activities, social time, big group activities and quiet rest time. As campers progress through our camp programs more challenging activities, adventures and choices are added into their programming.

Horse Camp: Horse campers will spend time at the corral each day riding and having ground lessons. The rest of the day is spent doing “traditional” camp activities. Each camper will be assigned a horse for the week that they will play games on horseback, learn more about through ground lessons, and even take on a trail ride. Pony Pals and Horsin’ Around campers spend 1-1.5 hours at the corral. Horsin’ Around 2 campers spend 2-3 hours at the corral.

Specialty Camps: Specialty campers will spend time doing their specialty each day. The rest of the day is spent doing “traditional” camp activities.

| | Don Bosco Day Camp |
|----------|--------------------|
| 7:15am | First Bus Pick Up |
| 8:00am | Arrival |
| 9:00am | Morning Prayer |
| 9:30am | Program Rotations |
| 12:30pm | Lunch |
| 1:30pm | Program Rotations |
| 2:30pm | |
| 3:15pm | Closing Prayer |
| 3:30pm | Bus departs |
| 4:15-5pm | Pick Up |



Wednesday Campfire: Weather permitting, every camper will have the opportunity to experience the magic of a campfire. Cabin groups cook lunch over the fire, roast a smore, and enjoy exciting campfire songs.

Faith at Camp: "To Live, Learn and Grow in the Catholic faith" is more than words in our mission statement. Our camp community encourages all to live their faith authentically and continue to learn and grow as disciples.

Some of the things we do at camp to foster the growth of our campers are... a theme based on Catholic teaching, morning and evening prayers, some traditional Catholic prayers, Graces before meals, worship songs, Mass and so much more!

Keeping in Touch

Phone Calls and Cell Phones

Campers are not allowed to make or receive phone calls or to have cell phones at Camp. To check on your child's progress, you may call the camp and speak with one of the camp staff. The Camp Office is open from 9am – 5pm each day. Staff can be reached by calling 425-333-6135.

Visiting Camp: Visitors are not permitted at camp during the camp session. Please call our office to schedule a time to tour camp 425-333-6135. When checking-in at camp on opening day you will have the opportunity to meet our staff and director teams.

Health Care

A registered nurse who is responsible for distributing medication and responding to emergencies if they arise supervises health care at camp. The general camp staff are CPR and 1st aid trained. Campers are required to carry their bug spray, water bottle, and sunscreen with them in their backpack at camp. We also have sunscreen stations set up at camp. Counselors remind campers to regularly use them. Younger campers are assisted in the application.

Special Needs

What do I do if my child has special needs? The most important thing we strive for at camp is that all children are successful. By partnering with parents CYO Camps can accommodate some children with special needs that do not require one-on-one care or supervision. Please contact our office if you have any questions 425-333-6135.

Behavioral Management

All staff members participate in an intensive training program that prepares them to deal with all aspects of camp life. We focus on prevention and using Christian morals to help campers understand why certain behaviors are unkind. We utilize positive, age-appropriate discipline techniques that guide and encourage children, and at the same time establish clear behavior guidelines and expectations.

At all times, staff members are guided by the principle that all children and adults deserve to be treated in a respectful and caring manner. Campers are expected to treat fellow campers and staff with respect and to abide by all camp rules that are explained on the first day. Staff members support campers by clearly defining and enforcing expectations and responsibilities. Campers are expected to participate in daily duties such as setting their table, picking up litter on the camp grounds, and keeping their personal space tidy.

If significant or chronic behavior problems do arise, parents will be consulted and a plan for behavior management will be developed. In the event the camper's behavior does not improve after all avenues of intervention have been explored, or when one camper's actions are detracting from the experience of others, the camper will be sent home.

Some actions require immediate dismissal from camp. These actions include but are not limited to: smoking or use of tobacco products, consumption or possession of alcohol and/or illegal drugs, lewd behavior, or endangerment of self or others, or threats of endangerment to self or others. Campers sent home because of behavior problems will not be entitled to any refund of fees, and parents will be responsible for all transportation from camp.



The staff of CYO Camps are not trained to handle campers who have severe emotional disturbances, demonstrate violent behavior or who routinely violate rules and policies. If your child has severe behavioral problems, we can refer you to programs designed to accommodate these special needs.

Food

Meals

At day camp we supply a morning snack and lunch for the campers. Our camp food is very kid friendly while still being nutritious. We offer options at every meal and make sure that your child is getting enough nutrition. Delicious, well-balanced, hearty meals feature plenty of camper favorites, fresh fruits, vegetables, and more. A salad bar is available during lunch.

Special Diets

If your camper has special dietary needs (such as severe allergies) please make note of this on your camper's health form. We can accommodate most special diets at camp if we have ample time to prepare. Our camps do not serve peanut products every week to ensure no cross contamination. We



have successfully accommodated children who are vegetarian, vegan, celiac and many more! Please contact Danny our Food Service Manager if you have questions or concerns about your child's dietary needs daniel.grasseschi@seattlearch.org.

Picky Eaters

At each meal there are several options for your child to choose from. No camper ever goes hungry. Even the pickiest eaters will try things at Camp that they refuse at home. Our counselors keep an eye out to ensure that all campers are well fed and hydrated.

The Camp Store

Campers will have the option of shopping at our Camp Stores throughout their session. These stores are stocked with snacks as well as, camp apparel, stuffed animals, stickers, journals and magnets. Clothing prices range from \$.50 to \$20. Parents can create a store account in any amount for their camper at the time of registration or at check-in. Store accounts can be created via check, credit, or cash. Your deposit will act as a credit account which your child draws against for store purchases. All proceeds from our camp store go to our camp programs and operations. **Any unspent money can be used during check out at the store or donated back to camp. We will not issue refunds for unspent money.**

Birthdays

We'll be happy to recognize your child's birthdays if it falls while he/she is in camp. We'll recognize your child's birthday during a meal and have the entire camp community join in wishing him/her a wonderful birthday.

Lost and Found

Please allow time at check-out to make sure all of your child's belongings have been packed and to look at the lost in found table. If your child rides the bus please give a note to the counselors with any missing items so we can help your camper look for them. After the session is over you can arrange to pick up

your lost and found items by calling Camp Don Bosco at 425-333-6135 or Camp Hamilton at 360-863-1525; they will not be mailed to you. Items will be kept at Camp Don Bosco until September 15. Clothing and equipment not claimed by this date will be donated to a charitable organization. **CYO does not assume responsibility for lost items.**

DIRECTIONS TO CAMP DON BOSCO

Camp Don Bosco is located in Carnation, approx. 45 minutes from Seattle and one hour from Tacoma

From I-90

- Exit #22 at Preston
- Follow the signs through Preston to Fall City
- At the stop sign in Fall City, turn right, continuing north. As you cross over the Snoqualmie River Bridge take a left at the traffic circle onto Hwy 203 (Fall City-Carnation Road)
- Continue approximately five miles to NE 11th. Turn right and follow the signs to Camp Don Bosco.

*Note: If you are coming from HWY 18 when you reach I-90 you must go west to get to the Preston exit.

From State Highway 520

- Continue past Marymoor Park, exit to the right onto HWY 202 (Woodinville-Fall City Rd)
- Take a left on to the Tolt Hill Road (Sign to Carnation Golf Course)
- At the intersection with Hwy 203 turn right (south), just over 1 mile
- Turn left onto NE 11th and follow signs to Camp Don Bosco