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WINTER CAMP
Program Guide

BECKET-CHIMNEY CORNERS YMCA

WELCOME TO WINTER CAMP

Whether this is your first or your tenth time participating in our programs, we are certain you are going to have a fantastic week this February. Winter Camp has been running for more than a decade and we are very excited to have your family involved in our community.

Our Winter Camp is an extension of all the other wonderful Becket-Chimney Corners YMCA programs. Through carefully selected and planned activities, we help guide children and young adults to develop their physical, spiritual and mental potential – becoming confident, responsible, honest and caring community members, both here and upon their return home.

This planning guide helps families prepare for the week away from home at Winter Camp. These resources, and other resources, are always available at bccymca.org/wintercamp, should you need more information.

Thanks for being a part of our community. Our enthusiastic and well-qualified staff are anticipating an exceptional week.

What is Winter Camp?

The philosophy and goals of Winter Camp are the same as those in our summer camp programs: to help develop relationships and values within and between youth. Only by spending time together in a structured setting can we develop our relationships, build our leadership skills and develop associated self-confidence and social responsibility.

Just like at summer camp, our winter campers will participate in cabin activities, individual choice afternoon activities, all-camp activities and evening activities, including cabin chat! Each cabin group of eight to twelve campers will be assigned a counselor and an assistant counselor. They will choose their activities together and plan their week as a cabin group.

Logistics

ARRIVAL

Winter Camp opens on Sunday, February 18, 2018.

Check-in at the Chimney Corners Camp Dining Hall between 3:00PM – 4:00PM.

GPS Setting: 591 Hamilton Road, Becket MA

- It is imperative that campers check-in on arrival at the designated times. This ensures all campers are present to bond as a cabin group, and these first few hours of bonding are important in the development of the cabin group dynamic. If you are unable to arrive at camp between these times, please let us know in advance of opening day.
- If a camper has not arrived by 5:30 PM or made previous arrangements for late arrival, the Winter Camp Director will call families to determine estimated arrival time or if the camper will not be attending the session.

DEPARTURE

Winter Camp closes on Saturday, February 24, 2018.

Pick-up at the Chimney Corners Camp Dining Hall between 10:00AM – 12:00PM.

- It is rare that a family would request for a camper to depart camp earlier than Saturday. Campers bond very quickly in the camp community and it may be harmful to the cabin group to ask a camper to depart early. We can always accommodate special circumstances, but please be considerate of the cabin group dynamic if asking for your child to depart camp early.
- Only the parent(s) or guardians indicated on the Winter Camp registration will be permitted to pick-up the camper on closing day. Please notify our office in writing if someone else will be picking up your child. An adult will need to sign the camper out from their cabin counselor and pick-up any leftover store money. Please note that a valid form of government identification may be requested to confirm identity.

CAMPERS

We want campers to participate, to contribute and to help one another. We will encourage campers, and expect campers, to follow these guidelines:

Respect One Another

- We speak and act respectfully to one another
- We act responsibly, caring for one another
- We protect one another from harm – physical and emotional
- We help make one another comfortable, and feel safe and secure
- We help one another by sharing the responsibilities of camp life

Respect Ourselves Physically & Emotionally)

- We follow the safety rules outlined by the camp and the staff
- We dress appropriately for the weather
- We eat a balanced, healthy diet
- We avoid drugs and alcohol
- We maintain our hygiene by showering regularly and brushing our teeth
- We avoid self-deprecating behavior and attitudes, maintaining an uplifting and enthusiastic attitude

Respect Our Camp

- We follow the schedule. We participate and attend the activities
- We care for the facilities – the lodges, the equipment and environment
- We help improve the camp, leaving it in better condition than we found it
- We participate in developing activities and programs for the future

STAFF

Counselors and Assistant Counselors are selected based on their abilities and experience working with campers across all our programs. Our staff are carefully selected and trained by our Winter Camp Director. They undergo a rigorous screening process, background checks and we examine their references thoroughly. The majority of staff have prior Becket-Chimney Corners YMCA experience, and many of them return time and time again to work at Winter Camp.

As our core staff members, counselors and assistant counselors work in pairs with each cabin group and provide the 24-hour-per-day supervision and guidance of their campers. Staff work closely with cabin groups, and with individual campers, to ensure that they are learning something new every day, are safe and healthy, forming bonds between all winter campers, as well as develop their skills in particular outdoor winter pursuits

THE CABIN GROUP

Central to the philosophy and experience of Winter Camp is the cabin group. Each cabin is made up of eight to twelve individuals (all boys or all girls of the same age group), living, eating, playing and planning their day together as a group. This relationship-building time teaches them to build friendships, but also compromise, negotiate, think creatively, build consensus, be inclusive and communicate effectively. We view the cabin group as the most important facilitator of camper development of everything we do.

CABIN ASSIGNMENTS

Cabin assignments are set prior to opening day. If you have a specific request to be paired with another camper, we will do our best to accommodate it if you have contacted us in advance, and if the request is mutual. You can indicate so on your registration form or by emailing wintercamp@bccymca.org prior to opening day.

DAILY SCHEDULE

8:15AM	Hot Breakfast
9:00AM	Morning Cabin Activities
11:00AM	Choice Time <i>Designated activity areas will be open and supervised</i>
12:00PM	Hot Lunch
1:00PM	Siesta (Rest Hour)
2:00PM	Afternoon Activities – Period 1
3:30PM	Afternoon Activities – Period 2
5:00PM	Choice Time <i>Designated activity areas will be open and supervised</i>
6:00PM	Hot Dinner
7:30PM	All Camp Evening Activity
9:30PM	Cabin Chat

GENERAL ACTIVITIES

This is a small sample of some of the activities on offer during Winter Camp:

- Cross-Country Skiing
- Arts and Crafts
- Snowshoeing
- Ice Skating
- Moonlight Snowshoeing
- Night Snow Tubing
- Cooking
- Teambuilding & Low Ropes
- Indoor Climbing Wall (4th grade & up)
- Broomball
- Nature Discovery
- Winter Survival/Outdoor Living Skills

WEDNESDAY ACTIVITIES

SKI BUTTERNUT TRIP

This program is an optional extra, and includes an additional fee. All campers undertaking this program may customize aspects of the day program. There are some mandatory requirements and some options for campers:

Mandatory

- All campers must wear a helmet. Campers without their own helmet must rent one at the mountain (included in the fee).
- All campers must ski with the group they are assigned to.
- Beginner skiers and snowboarders must participate in a group lesson provided by Ski Butternut (our staff will also be in attendance).
- Campers of all skill levels will be assigned a ski buddy and must stay with their ski buddy for the duration of the day.

Customized Options

- Campers may choose on the registration form if they ski or snowboard.
- Campers may choose on the registration form if they are beginner, intermediate or advanced.
- Campers may choose to bring their own skis/boots/poles/helmet or snowboard/boots/helmet or rent them at the mountain (included in the fee. We do not pro-rate for bringing your own equipment).
- Campers may stop and rest at the designated rest area in the mountain lodge at any time. There will be Winter Camp staff supervision in the lodge for the duration of the day.
- Campers will be provided with all meals, as usual.
- Campers will carry the spending money that was deposited in the store account for the ski trip.

BECKET ADVENTURE DAY

This all day activity begins at 9:00AM on Wednesday and includes a grand adventure. Campers will trek on snowshoes to Becket and spend the morning building snow forts in teams. A massive snow battle will finish out the day, followed by s'mores and a fire before hiking back. This day-long adventure will include lunch and warm drinks, and will end at 4:00PM.

NINTH GRADER OVERNIGHT SLEEP-AWAY AT CAMP BECKET

On Thursday night, all ninth graders will be invited to hike to Camp Becket and spend the night in one of our winterized buildings. Campers will have dinner together, served by our Winter Camp staff.

LEADER-IN-TRAINING PROGRAM

Managed by its very own director, the LIT program is an opportunity for 10th graders to get experience working at camp. While they are still considered campers, LITs will participate in seminars and workshops, and be given the opportunity to do hands-on work at Winter Camp – including working with our campers as a counselor, learning our program areas, and working in our dish room.

PREPARING FOR WINTER CAMP

It's exciting – getting ready to go away to camp. But sometimes first-time campers can get a little anxious, and that's ok. It's normal, and it's a healthy part of life to go through that anxiety. Here's some thoughts that might help.

- Read this planning guide together. Sometimes hearing about all the great options helps reassure the camper that Winter Camp is going to be a ton of fun.
- Pack for Winter Camp together. Help the camper think through what kind of items to bring, and talk about the wonderful options ahead. Resist the temptation to pack for them and have them help themselves.
- Help the camper build confidence and self-reliance by staying positive. Be honest and realistic, but stay positive.
- **Don't offer to pick up the camper or call the camper during the week.** This contributes to homesickness, even though you're only intending to help. Steer the conversation to talk about the great times they are going to have.
- Contact Winter Camp if you are not sure your camper is ready to attend this program. Sometimes talking to the Camp Director can help. Other times, it may not be right for the camper to attend.



MEALS

The entire Winter Camp community comes together three times a day for meals in the dining hall. Cabin groups sit together, and are joined by their Counselor and Assistant Counselor. Winter Day Camp will join us at lunch time Monday through Friday, and we will spend an hour eating and chatting together as a group. It is also the opportunity for staff to make important announcements that affect the whole camp.

VEGETARIAN AND OTHER SPECIAL DIETS

Every meal will have a vegetarian option automatically included. Please inform us if the camper is vegetarian or has another special diet, so that we know how many of such meals to prepare. Vegan campers and others with highly restrictive diets may wish to bring supplemental foods. If you have any questions, you may speak with our Food Service Director, who we can put in touch with you. Please email any inquiries to wintercamp@bccymca.org or call us on 413 623 8991.



FOOD ALLERGIES

Most common food allergies can be accommodated. Please let us know of any specific food allergies. If you have any questions, you may speak with our Food Service Director, who will be happy to contact you. Please email wintercamp@bccymca.org or call us on 413 623 8991 if you have any questions.

TYPICAL MEALS

Winter Camp serves breakfast, lunch and dinner, as well as an evening snack. All meals are nutritional and well balanced and include the following features:

Breakfast

- Hot entrée
- Hot vegetarian option
- Oatmeal
- Fresh fruit
- Yogurt
- Granola and Cereals
- Orange Juice, milk

Lunch

- Hot entrée
- Hot vegetarian option
- Full salad bar with dressings
- Fresh fruit
- Peanut butter/Sunflower butter alternative
- Lemonade, milk, water

Dinner

- Hot entrée
- Hot vegetarian option
- Full salad bar with dressings
- Fresh fruit
- Peanut butter/Sunflower butter alternative
- Hot chocolate, milk, water

HEALTH AND SAFETY

Our Winter Camp is staffed 24 hours a day with our nurse. The nurse will attend to all routine camper healthcare needs, as well as urgent care. Our nurse is always on hand if campers have physical or emotional health care needs. Our nurse will contact you in the case of any serious injury or illness.

GENERAL HEALTH AND WELL-BEING

Please assist us by discussing these topics as a family, prior to the commencement of Winter Camp. All campers and staff will undergo a medical check on arrival to camp. The medical check will include checking of ears and throat, and a general evaluation of health.

Campers and Staff are expected to:

- Wash hands regularly, especially before meals
- Avoid sharing personal items, such as combs, razors, toothbrushes and eating utensils
- Avoid sharing water bottles
- Drink plenty of water
- Manage their diet and eating behaviors such that they eat well-balanced meals
- Protect themselves from the elements and weather by wearing appropriate clothing, sunscreen and by staying dry
- Act maturely when outside direct supervision
- Stay within the boundaries of the Winter Camp site
- Avoid contact with strangers and report strangers to a counselor
- Avoid crossing any roads without a counselor present
- Report all unacceptable behavior to a staff member
- Report all illnesses or injuries to the Winter Camp Nurse

URGENT (NON-EMERGENCY) HEALTHCARE

The Winter Camp Nurse is the first point of contact when there is an urgent (non-emergency) injury or illness. The Winter Camp Nurse will refer all urgent (non-emergency) cases to Berkshire Medical Center in Pittsfield MA that cannot be managed within the camp infirmary. Such examples include x-rays, sub-specialty referrals, laboratory evaluations or hospitalizations. In all such incidences, camper parents will be notified.

EMERGENCY HEALTHCARE

When there is an emergency, staff are required to call 911. Becket Ambulance Department has a depot at the end of our road. In all emergencies, after summoning the ambulance, staff will call the Winter Camp Nurse. In all such incidences, camper parents will be notified.

PICKUP POLICY

Winter Camp does not have the staffing accommodations to house sick children for extended periods of time. Because our nurse and our counselors are responsible for many other individuals during this short program, our policy is as follows: ***a child that requires consistent one-on-one healthcare for a period over twelve hours must be picked up from camp as soon as possible.***

MEDICATIONS

We take the distribution of medication seriously:

- Our Nurse will administer only those medicines prescribed by the examining physician in writing on the examination form.
- Non-prescription medication and vitamins must come in the original package with written permission from the parents to administer.
- All prescribed medications sent to the camp must be in the original container bearing the pharmacy label which shows the prescription number, date filled, physician's name, name of medication, directions for use and the camper's name.
- Requests for dosages, differing from the label or from the recommended dosage for a child's age/weight, will only be accommodated with written instruction from a physician.
- Medication must be given to the Nurse at check-in on opening day.
- Any medications (with the exception of inhalers and Epipens but including non-prescription medication) brought from home must be kept in the camp infirmaries by state law, and will be given as prescribed.

EPIPENS AND ASTHMA INHALERS

- Epipens and asthma inhalers may be kept in the possession of the camper, however a spare Epipen and asthma inhaler must be kept with the Nurse in the case of emergency. Please provide two inhalers and/or Epipens upon arrival at Winter Camp.
- Families assume all liabilities and risks associated with self-administration of these medications.
- Please make sure the camper understands the appropriate use of these medications and the need to report all use to the Nurse.

HEALTH RECORDS

Massachusetts Department of Public Health requires that all campers be immunized against diphtheria, tetanus, pertussis, poliomyelitis, measles, mumps and rubella. A Hepatitis B vaccination is required for all campers born on or after January 1, 1992.

Winter Camp recommends that parents talk with their family pediatrician in regard to having your child vaccinated with the meningococcal vaccine that protects against some strains of the meningococcal bacteria. Meningococemia is a rare bacterial infection of the blood stream. This germ can sometimes cause meningitis (infection of the tissue that covers the brain and spinal cord) or sepsis (an infection of the blood). The bacteria are spread by close contact (involving the exchange of saliva) with an infected person or a person who is a carrier of the bacteria. A meningococcal vaccine has been recommended for participants in residential programs such as colleges and the military.

Winter Camp requires a complete pre-camp physical examination within one year of attending Winter Camp.

Meningococcal Disease and Camp Attendees: Commonly Asked Questions

What is meningococcal disease?

Meningococcal disease is caused by infection with bacteria called *Neisseria meningitidis*. These bacteria can infect the tissue (the “meninges”) that surrounds the brain and spinal cord and cause meningitis, or they may infect the blood or other organs of the body. In the US, about 1,000–1,200 people get meningococcal disease each year and 10–15% die despite receiving antibiotic treatment. Of those who survive, about 11–19% may lose limbs, become hard of hearing or deaf, have problems with their nervous system, including long term neurologic problems, or have seizures or strokes.

How is meningococcal disease spread?

These bacteria are passed from person-to-person through saliva (spit). You must be in close contact with an infected person’s saliva in order for the bacteria to spread. Close contact includes activities such as kissing, sharing water bottles, sharing eating/drinking utensils or sharing cigarettes with someone who is infected; or being within 3–6 feet of someone who is infected and is coughing and sneezing.

Who is most at risk for getting meningococcal disease?

People who travel to certain parts of the world where the disease is very common, microbiologists, people with HIV infection and those exposed to meningococcal disease during an outbreak are at risk for meningococcal disease. Children and adults with damaged or removed spleens or persistent complement component deficiency (an inherited immune disorder) are at risk. Adolescents, and people who live in certain settings such as college freshmen living in dormitories and military recruits are at greater risk of disease from some of the serotypes.

Are camp attendees at increased risk for meningococcal disease?

Children attending day or residential camps are not considered to be at an increased risk for meningococcal disease because of their participation.

Is there a vaccine against meningococcal disease?

Yes, there are 3 different meningococcal vaccines. Quadrivalent meningococcal conjugate vaccine (Menactra and Menveo) protects against 4 serotypes (A, C, W and Y) of meningococcal disease. Meningococcal serogroup B vaccine (Bexsero and Trumenba) protects against serogroup B meningococcal disease, for age 10 and older. Quadrivalent meningococcal polysaccharide vaccine (Menomune) is recommended for people age 56 and older with certain highrisk conditions.

Should my child or adolescent receive meningococcal vaccine?

Meningococcal vaccine is not recommended for attendance at camps. However, these vaccines may be recommended for children with certain high-risk health conditions, such as those described above. **MDPH strongly recommends two doses of quadrivalent meningococcal conjugate vaccine: a first dose at age 11 through 12 years, with a second dose at 16 years.**

Meningococcal serogroup B vaccine (Bexsero and Trumenba) is recommended for people with certain relatively rare high-risk health conditions age 10 or older (examples: persons with a damaged spleen or whose spleen has been removed, those with persistent complement component deficiency, and people who may have been exposed during an outbreak). Adolescents and young adults (16 through 23 years of age) may be vaccinated with a serogroup B meningococcal vaccine, preferably at 16 through 18 years of age, to provide short term protection for most strains of serogroup B meningococcal disease. Parents of adolescents and children who are at higher risk of infection, because of certain medical conditions or other circumstances, should discuss vaccination with their child’s healthcare provider.

How can I protect my child or adolescent from getting meningococcal disease?

The best protection against meningococcal disease and many other infectious diseases is thorough and frequent handwashing, respiratory hygiene and cough etiquette. Individuals should:

1. wash their hands often, especially after using the toilet and before eating or preparing food (hands should be washed with soap and water or an alcohol-based hand gel or rub may be used if hands are not visibly dirty);
2. cover their nose and mouth with a tissue when coughing or sneezing and discard the tissue in a trash can; or if they don’t have a tissue, cough or sneeze into their upper sleeve.
3. not share food, drinks or eating utensils with other people, especially if they are ill.

If your child is exposed to someone with meningococcal disease, antibiotics may be recommended to keep your child from getting sick. You can obtain more information about meningococcal disease or vaccination from your healthcare provider, your local Board of Health (listed in the phone book under government), or the Massachusetts Department of Public Health Division of Epidemiology and Immunization at (617) 983-6800 or on the MDPH website at www.mass.gov/dph.

PACKING LIST

- Pack for a week, not a month!
- **Label all items.**
- Clothes get damp in the snow, pack changes of clothes.
- Synthetic or wool clothes keep you warmer. Cotton is bad when wet and cold.
- Don't bring a trunk. You do in summer, but not in winter. Use a suitcase or backpack!

Clothing

T-shirts
Long-sleeve shirts
Sweatshirts
Long underwear
Long pants
Pajamas
Undergarments
12+ pairs of socks
Tennis shoes
Hiking or winter boots
2 pair of gloves/mittens
Winter hat(s)
Scarf
Snow pants
Winter coat

Bedding

Sleeping bag or bed linens
with several blankets
A pillow with pillowcase

Equipment

Flashlight/Battery operated
Lantern
2 water bottles
Laundry bag
Daypack/backpack

Toiletries

Toothbrush
Toothpaste
Dental floss
Mouthwash
Soap with soap dish
Shampoo & Conditioner
Hairbrush/Comb
Shower Caddy
Towels
Face Cloths
Deodorant
Feminine Hygiene Products
(if necessary)

Optional

Crazy Creek/Camp Chair
Camera
Stationary, Pen/pencil,
Stamps, Journal
Dress up clothes/Costumes
Pictures from home
Talent show props,
instruments and any
supplies for skits

Do not bring

Cash
Cell Phones
Electric Amplifiers
Computers
Electronic Games
Squirt Guns
Glass Containers
CD Players/iPods
Sleds
Candy
Jewelry
Walkie-Talkies

RESTRICTED ITEMS

As part of our American Camp Association accreditation, we must inform you that no one (including campers, LITS and parents) may bring the following items to camp: pets, illicit drugs, alcohol, tobacco, firearms, ammunition, fireworks, weapons, and sports equipment. Campers and LITs are not allowed to drive vehicles to camp or leave cars parked on camp property. Travel in a non-passenger vehicle (eg. the back of a pick-up truck) is prohibited.

CONTACT US

TRAVEL DIRECTIONS

GPS Setting: 591 HAMILTON RD, BECKET MA

For detailed directions, visit: bccymca.org/about-us/directions

CONTACT INFORMATION

Winter Camp is run by Berkshire Outdoor Center – the year-round department of Becket-Chimney Corners YMCA. Please select from the following contacts for your inquiry.

Pre-Camp Billing and Paperwork Inquiries

Nicole Cabelka – Registrar

ncabelka@bccymca.org

413 623 8991 ext 110

Monday to Friday 8:00AM-4:00PM

Pre-Camp Program Inquiries

Rob Albini – Camp Director

ralbini@bccymca.org

413 623 8991 ext 149

Monday to Friday 9:00AM-5:00PM

Inquiries during Winter Camp

Daytime Phone

413-623-4506

8:00AM-9:00PM

After Hours Emergency

Overnight (Emergency) Phone

413 679 1088

9:00PM-8:00AM

Mailing your Camper

<Camper's Name>

Winter Camp

748 Hamilton Road

Becket MA 01223

Please do not send food.

Emailing your Camper

Log into your online account

Click on "Additional Options" from the grey bar at the top

Select email a camper. – This system will only allow you to send emails while the camp is in session.

You can invite other family members and friends to email your camper by sending them a friend code. This will allow them to email your camper without having access to your online account.

PAPERWORK ACCESS

All permission forms, confirmation packets and planning information can be found online in your camp account.

Feel free to email us at any time at wintercamp@bccymca.org or call on 413 623 8991 ext 110.

BECKET-CHIMNEY CORNERS YMCA

Berkshire Outdoor Center

Becket-Chimney Corners YMCA
748 Hamilton Rd
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P 413-623-8991
F 413-623-5890

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