

# YMCA CAMP ABNAKI

## 2025 OVERNIGHT CAMP PARENT/GUARDIAN HANDBOOK

### Welcome

We are thrilled to welcome campers and staff to camp for 2025. Our Parent Handbook provides important camp information for you and your family to navigate most of the general information for overnight camp.

### UltraCamp

Our online registration is facilitated by UltraCamp. The information and account will stay with the family during their entire length of involvement with Camp Abnaki. If you have any questions about UltraCamp, your account, or the multitude of services provided, please contact the camp office at 802-652-8180.

### Before Camp Begins

To adequately process camper information, all forms must be completed and received in the camp office three weeks prior to attending camp. The single page **Doctor's Exam Form** must be filled out by the parent and signed by a physician for the camper to attend. **All campers must have an exam from a licensed medical professional within 24 months prior to camp attendance. A new form must be completed each year.** We recommend keeping a copy of this form for your records. Even if your camper has completed this one-page health form within the last 24 months, they must have a new form completed each year. They do not necessarily need to have a new exam, but the form needs to be filled out annually by the doctor. Visit the Document Center, via your UltraCamp account, to access all forms. You can also upload forms to your account in the Document Center.

### Check-In and Check-Out

Check-In on Opening Day is on **Sunday from 1:00pm-4:30pm**. Please do not arrive prior to 1:00 pm, as our staff are not prepared to accept campers beforehand. Check-Out is **Friday from 3:00pm-5:00pm for two-week sessions (\*And Session 1b), and Saturday morning from 9:00am-11:00am for one-week sessions (Session 1b checkout is on Friday, 3-5PM)**.

In an effort to facilitate a smooth check-in, **families are provided with a check-in and check-out time for their camper(s)**. You will receive your times and more information about the check-in/check-out procedure prior to the start of your son's session. Check-In and Check-Out typically takes 45 minutes to an hour. Please notify camp if you will not be able to make your assigned times. During Check-Out, you must check-out with your camper's counselor, Village Leader, and the Camp Director before departure, starting in your camper's village and then finishing at the Admin Building. Campers will not be released to anyone other than the authorized pick-up people listed in your UltraCamp account.

One essential part of the check-in process is the health screening, it is important to have all medical information up-to-date prior to this screening. **Health Forms should be submitted 3 weeks prior to attending** so the Health Center Staff have time to review all information prior to your camper's arrival.

During the screening, a lice check will be conducted. Any evidence of lice could lead to the camper returning home before camp starts. This decision will be made by the Health Center team and

Camp Director. Campers leaving for this reason may re-enter camp if it is found that all evidence of lice is removed to the satisfaction of the camp Health Center team.

**Animals are not allowed on camp for Opening & Closing Days.** Pets can be considered a part of many families but should be left at home when coming to camp. People can have allergies and fears of animals that even the friendliest animal can bring to the forefront. We ask that you are respectful of our Abnaki community members in these situations. Please do not leave your animal in your car either, as some Opening/Closing Days can be hot, and that environment can be dangerous for your animal. The best place for pets is at home, waiting for your arrival back from camp. (ACA Standard AD.16.1.D)

For those families requesting pick-up/drop-off at either the bus station or Burlington International Airport, arrangements should be made in writing through our Transportation form. The fee is \$60.00 each way for Burlington pick-ups and drop-offs. We are also able to accommodate airport pick-ups from Montreal's Trudeau/Dorval International Airport. There is a fee for this service. Contact the camp office for details on price and drop-off and pick-up times or select this option directly in UltraCamp.

### Camp Tour / Open House

Our scheduled Open Houses for Summer 2025 are Sunday, June 1st from 10:30-1:30, for overnight camp only, and Sunday June 8th from 10:30-1:30, for overnight and day camp. Families will have the opportunity to meet staff, explore camp on a guided tour, and play games while on site. More information about these and how to sign up will be released in the Spring.

We always welcome the opportunity to give a tour of camp. If you want to take a walk around with your camper and/or family, please contact the camp office at (802) 652-8180 or [youbelong@campabnaki.org](mailto:youbelong@campabnaki.org).

### Cabin Assignments / Cabin Mate Requests

Cabin assignments are made a few days prior to the start of each session. Campers are assigned to cabins within villages according to age and other factors. We do our best to honor all normal requests for friends to bunk together. *All requests must be made by both campers' parents, and the requested camper's birthdays must be within 18 months of each other.* **Only one mutual cabin mate request will be honored. We do not allow "triples" or larger groups of friends to be placed in the same cabin.** We believe that meeting new people and making new friends is an important part of the camp experience. We do not encourage siblings to be in the same cabin while at camp.

### Clothing

We encourage you to send old clothes to camp as your camper will be taking part in rugged sports and activities in all sorts of weather. A "What to Bring to Camp" list is available on our website. We encourage you to **label all items with either a permanent laundry marker or nametags**. We will make every effort to return lost and found items while your camper is at camp, however, some items always turn up after the campers return home. Articles left behind with no identification are given to a local charity after camp has ended. Make sure to check Lost & Found on Closing Day at the Admin Building.

### Parent Contact / Visitors / Phone Calls

An integral part of the growth process for campers is the extended period away from home and the development of independence. We highly discourage phone calls and visits to camp unless there is a family emergency.

In the event of serious illness, accident, prolonged homesickness (two or more days) or other situations warranting discussion with the parents, the Village Leader, Assistant Camp Director, Camp Director, or Nurse will notify parents. If this is your camper's first time at camp, you will receive a phone call or email from his Village Leader or cabin counselor early in your son's stay to update you on how he is doing. These first-time camper phone calls/emails can be scheduled with the Village Leader on Check-in Day.

### Camper Mail

Campers are encouraged to write home at least once a week. Parents should include self-addressed stamped letters or cards. Campers enjoy hearing from you too! Make your letters friendly, newsy, and joyful. Avoid telling them how much you or others miss them; this tends to be more harmful than helpful. Campers sometimes worry about their families when they are away, so please assure them that you are happy and healthy. Address your mail as follows:

**Camper's Name**  
**YMCA Camp Abnaki**  
**\_\_\_\_\_ Village**  
**1252 Abnaki Road**  
**North Hero, VT 05474**

**Please note:** we do not provide village assignments prior to check-in day. Not having the village assignment on the piece of mail will not prevent it from getting to your camper. You can always bring care packages/letters that are addressed to your camper on Check-In Day to avoid postage fees! Just indicate the day you want them delivered.

We highly recommend that you provide your camper's address to relatives and friends. Campers look forward to their mail. Campers also love to receive care packages. Some items we suggest are:

- Baked goods (enough for 6-10 campers, and 2 counselors to share)
- Paperback books / comic books / magazines
- A deck of cards
- Anything else you think they would really enjoy!
- *Please be aware and label items that are made or processed with peanuts including: cookies, candy, trail mix, etc. No gum, candy, or soda in care packages, please.*

### Peanut & Tree-Nut Policy

Camp is a "Nut-Aware" facility. Peanuts and tree nuts are allowed on camp except for the Dining Hall. We ask that you please be aware of potential nut allergies when bringing/sending products with nuts to camp. The Dining Hall **will not** produce food made with nuts and is a nut-free area. Some foods in the dining hall may be produced in a setting that processes nuts (IE... Hershey's bars for s'mores, etc.). Items containing nuts may be sold in the camp store (pre-packaged).

### Meals / Special Dietary Needs

Campers and staff eat together by cabin in the dining hall. Meals are varied and well-balanced. We can accommodate special needs diets on a limited basis. *Please contact us in advance to determine if your child's special needs can be met by our food service.*

### E-Mail Communication / Online Photo Viewing

Modern technology makes it easier than ever to stay connected to your camper during camp. We offer a few ways for parents to utilize online tools to stay in touch. During the summer, parents can view photos electronically and send their camper(s) e-mail. There is no charge to view any of the photos or to send an e-mail through your UltraCamp account.

To send a camper an e-mail, log in to your UltraCamp account, select additional options and e-mail a camper. E-mails sent to campers are printed daily and delivered like letters. These e-mails are printed at 8:30am each day. E-mails received after 8:30am will be delivered the following day.

We will also post photos through the UltraCamp system. You can find them under additional options and photo gallery.

Have a friend who you would like to access photos or send an e-mail to your camper? You can invite them to sign up as a "friend account." This account gives them permission to see the same photos you can see and send e-mails without giving away any of your confidential information.

Please contact camp if you have any questions about UltraCamp, e-mails, photo viewing, or friend accounts.

### YMCA Camp Abnaki Social Media Platforms

YMCA Camp Abnaki encourages parents and campers to stay connected to camp via our Facebook page: [www.facebook.com/CampAbnaki](http://www.facebook.com/CampAbnaki). We post updates and photos throughout the summer, and regularly the rest of the year.

We also have an Instagram account that you can follow @ymcacampabnaki.

### Cell Phones

**Campers are not permitted to have cell phones while at camp.** A sense of independence and a chance to 'unplug' are two of the primary benefits of camp. Phone contact with friends or parents would make a homesick camper's condition worse. Any devices that can connect to the internet are not permitted at camp; this includes I-pods, kindles, and other electronic devices.

Campers who are discovered to have a cell phone at camp will hand the phone to staff to have it placed in the camp safe. It will be returned to the parents during Check-Out in the Camp Store. (ACA Standard AD.16.1.B)

### Camp Store

All campers have money for the camp store built into their tuition. Campers will have \$25 (one-week sessions and tripping programs) or \$45 (two-week sessions). The camp store limits purchases of snacks and juice; other items such as T-shirts, souvenirs, stamps, water bottles, and postcards are

also available. Parents may add additional money to their son's account by calling the camp office or by logging into your UltraCamp account. Any unused balance is nonrefundable and will be donated to camp after the season. The camp store is also open during check-in and check-out times. Every camper will receive a complimentary Abnaki gift from the camp store during Check-Out.

You can add camp store money to your camper's account at the following link: [BY CLICKING HERE](#)

### Behavior Management / Dismissal from Camp

Camp Abnaki views behavior management through the lens of fostering growth within our campers. We believe in ensuring a safe, welcoming community in which all our campers can thrive. Behavior issues are handled on a case-by-case basis. Campers whose behaviors do not adhere to camp philosophy may be asked to leave camp at the discretion of the Camp Director or Assistant Camp Director. Campers dismissed from camp for behavior issues are not eligible to receive a refund.

### Medication at Camp

All prescription medications brought into camp *must* be accompanied by written orders, signed by a physician, packaged in the original container, and include the camper's name, dosage, and time. ***All medications, including over-the-counter creams, lotions, natural remedies, aspirin, vitamins, melatonin, etc., must be turned in and dispensed by the Heath Center team.*** The only exceptions may include rescue inhalers and epi pens which may be kept in the camper's cabin with the nurse's permission. These restrictions do not include sunscreen or bug spray. All campers with medication will be required to meet with a member of the Health Center team during Check-In, and medications will be given back to the parents by a member of the Health Center team at Check-Out. All campers will also have a short health screening on check-in day with their parents/guardians present. This health screening will check for head lice, any infections, anything contagious, communicable illness, or any changes in health status since the health form was completed.

### Insurance / Illness

YMCA Camp Abnaki does not carry accident / sickness insurance for summer campers. Families must include their own health insurance information on the health form or include a copy of a health insurance card. This information will only be used for outside medical treatment if required. In the event of serious and/or prolonged illness or accident, parents will be notified at once. *Families are responsible for charges incurred for outside medical treatment of their child, including prescriptions.*

### Inclusion

The Greater Burlington YMCA strives to meet the needs of all children in all our youth programs. For some children to achieve success, a variety of resources or interventions may be necessary. If you believe your child will have a more successful experience at camp with additional resources and support, please indicate that information on the Camper Information form and reach out to the Camp Director. We will make every effort to serve campers who experience challenges of any capacity to ensure a positive experience at camp. At camp, we employ role models of all genders. We have counselors and staff, some living in cabins with our campers, that are male, female and non-binary.

### Equal Opportunity

Camp Abnaki is committed to providing an equal camping opportunity for individuals with disabilities. Please contact the Camp Director if there are any accommodations and/or specific requests you may have. When appropriate, we reserve the right to request an applicant's permission to obtain additional information from a medical provider. It is our goal to provide reasonable accommodations where appropriate for qualified individuals to experience all the joy that camp has to offer. All medical information received in connection with the request will be treated as confidential.

### **Personal Property at Camp**

Living at camp for any length of time can be hard on one's clothes and sports equipment. We strongly recommend that nothing of high monetary or sentimental value be brought to camp, as things can get lost or damaged. **We recommend any items brought to camp be labeled with your camper's first and last name.**

Campers are allowed to bring personal sports equipment to camp. Any equipment that would typically be used at the archery range or other areas with safety concerns will be stored by camp staff. Other sports equipment may be stored in the camper's cabin. Items of higher value (musical instruments, etc.) may be stored by camp staff, but Camp Abnaki is not liable for any damage or loss to such equipment. (ACA Standard AD.16.1.B)

Camp Abnaki reserves the right to remove items from campers for health, safety, and philosophical purposes. Items removed from campers will be stored by the camp staff and returned to parents during Check-Out. Items which may be confiscated include (but are not limited to): cell phones, pocketknives, firearms, fireworks, lighters, portable video game systems, and tablets. Campers may not bring vehicles, bikes, any type of weapon, pets, or other animals to camp. (ACA Standard AD.16.1.B, C, D, and E)

### **Laundry**

All campers should pack enough clothing for their entire stay. Laundry facilities are available for campers staying *longer than* one session during Changeover.

### **Bikes / Personal Vehicles**

Campers are not allowed to bring their bicycles or other personal vehicles, including motorized scooters, motorcycles, personal watercraft, or automobiles to camp. Campers are allowed to bring a skateboard or scooter for use in camp's skate park. (ACA Standard AD.16.1.C)

### **Social Media Contact Between Campers and Staff**

Greater Burlington YMCA guidelines prohibit camp staff from "friending" campers via social media. If your camper has a social media account, please ask them not to seek out their counselors or other camp staff following their session. Campers can stay connected to camp through our Facebook ([www.facebook.com/CampAbnaki](http://www.facebook.com/CampAbnaki)) or Instagram pages (@ymcacampabnaki).

### **Tobacco / Alcohol / Drugs**

YMCA Camp Abnaki's program is designed to encourage healthy personal habits. Tobacco, alcohol, vaping, marijuana or any illegal drugs are not permitted on camp property. Any campers found with such items are subject to disciplinary action, which may include, but is not limited to, dismissal from camp. Campers found to be in possession of illegal substances may be reported to the Grand Isle Sheriff's Department. It is against state law to smoke tobacco products on camp. (ACA Standard AD.16.1.A)

### **Cancellation / Refunds**

Please notify the camp office immediately if you need to cancel your child's enrollment as soon as possible. Fees paid before May 1, 2025, minus the \$200 non-refundable deposit will be refunded to you prior to the May 1 deadline. There is a \$25 fee for returned checks. After May 1st, all money paid is nonrefundable. On a case-by-case basis, additional refunds may be made at the discretion of the Camp Director. Cancellations must be submitted to the Camp Director in writing. Conditions for refunds may include prolonged illness or accidents which preclude camp participation. In such an event, refunds will be made on a pro-rated basis for the remaining portion of the session. Homesickness/head lice/behavioral dismissals are not conditions for refund.

### **Contacting the Camp Office**

Phone: 802-652-8180

Fax: 802-713-1005

General Camp E-mail: [youbelong@campabnaki.org](mailto:youbelong@campabnaki.org)

E-mail: Jon Kuypers, Interim Camp Director [jkuypers@gbymca.org](mailto:jkuypers@gbymca.org)

### **Payment / Account Questions?** Please contact our Camp Office:

Phone: (802) 652-8180

E-Mail: [youbelong@campabnaki.org](mailto:youbelong@campabnaki.org)

### **Scholarship/Financial/Payment Plans** Please contact our Business Office:

Phone: (802)-652-8190

E-Mail: [scholarships@gbymca.org](mailto:scholarships@gbymca.org)

### **Thank You**

This summer provides a wonderful opportunity of growth for your son. We appreciate the trust you have shown us and look forward to a long and rewarding relationship. We look forward to seeing you this summer!