



2019 PARENT HANDBOOK

TABLE OF CONTENTS

PAGE

YMCA Camp Winona Goals 4

History 4

Staff 5

 Camp Executive Director, Pete Hicks

 Camp Senior Program Director, Jackie Aton

 Selecting and Training a High Quality Staff

What to Bring to Camp 5

 What to Bring to Camp

 Optional Items

 Things You Should Leave At Home

 Recommendations

 Footwear

 Swimwear Policy

Sunday Check-In Procedure 6

Friday Night Check-Out Procedure 7

Sunday Check-Out Procedure 7

Mini Camp Check In/Out Procedures 7

Schedules 8

 Typical First Day

 Regular Day

Programs 8

 Activities

 General Camp Activities

 Evening Programs

 Leaders-in-Training (LIT)

 Counselor-in-Training (CIT)

 Teen Camp

 Paintball

 High Adventure/Ropes

 Session Themes and Camp Dance Themes

 Weekend Stay-Over

 2019 Saturday Trips

Parent Information	10
Flexible Rate Pricing	
Scholarships	
Deposits	
Balance Due on Camp Fees	
Refund Policy	
Canteen	
Camp Store	
Phone Calls	
Homesickness	
Visits	
Cabin Assignments	
Additional Forms	
Emails and Camp Photo Gallery	
Camp Photo DVD/CD	
Mail	
• Do	
• Don't	
• Communicating with Your Child	
Food from Home	
Lost and Found	
Transportation	
Camper Code of Conduct	
Code of Conduct	
Consequences of Actions While Attending Camp	
Medical Information	
In Case of Emergency	
Directions to Camp Winona	17
From Daytona Beach / Ormond Beach	
From Deland	
From Orlando	
GPS Coordinates	
Key Terms	17

YMCA CAMP WINONA GOALS

Our goal is to provide an experience that enables growth in your child's Spirit, Mind, and Body. Through our programs our goal is to help each camper:

- **Be responsible for themselves and their actions**
- **Increase his or her level of self-confidence**
- **Try new options and interests**
- **Respect the differences in God's people and be able to live in a diverse community**
- **Have a caring attitude towards others**
- **Have a caring attitude toward the environment**

YMCA Camp Winona is open to serve youth and adults, regardless of race, religion, gender, income, or physical ability.

HISTORY

YMCA Camp Winona is celebrating 100 years of summer camp this year! We pride ourselves with the fact that we have a long tradition of returning campers and legacy campers of many generations. We also welcome new campers each year as we continue to help them meet new friends, have fun and learn life lessons. It is an experience that can last a lifetime.

In 1919, L.R. Reynolds, the first general director of the Daytona Beach YMCA, took a group of boys for a week to camp on the banks of Lake Winona. The core of his program remains today: swimming, boating, hiking, making friends and communing with nature in a peaceful atmosphere.

After Reynolds original 1919 trek, he arranged for Bond Lumber Co. to donate 60 acres of land on Lake Winona to the YMCA. Plans to open Camp Winona in 1920 were delayed when area fires burned the land it was being built on. In 1921, Camp Winona opened its doors to boys 7-17 years of age.

In the late 1960s, Camp Winona became co-ed. Soon after, international campers and counselors expanded the Camp Winona Family worldwide.

Further additions including the Ropes / Challenge Course, Outdoor Education, Paintball, Conference Camp and special programs for teens and families have expanded Camp Winona program services throughout the year. 2012 saw the addition of A/C and heat to the cabins, the Dining Hall and upgrade to the Health Center. 2016 brought us the Wet Willie Water Slide, paddle boards, Corcls and an improved waterfront.

As we continue to plan and dream of our next improvement, the camp's mission remains constant: to build positive relationships, help kids discover their potential and continue to give each camper an experience to last a lifetime for years to come.

STAFF

Camp Executive Director, Pete Hicks

Pete has a strong YMCA background, with 23 years of experience in YMCA leadership and development. Originally from Crown Point, Indiana Pete moved to Naples Florida in high school, and that is when his Y career began. Pete has traveled across Louisiana, Pennsylvania and Jacksonville working in YMCA leadership, and developing youth sports programs. He will be overseeing camp and the Deland YMCA.

Camp Senior Program Director, Jackie Aton

Responsible for supervising the camp program and staff, Jackie brings 18 years of child care supervision with the Volusia Flagler Family YMCA as the Deland YMCA's Child Care Director. She has spent the last 4½ years adding the uniqueness of summer resident camp to her experiences while working with our rental groups as well as our summer staff.

Selecting and Training a High Quality Staff

Because a high-quality staff is the heart of a camp experience, we set high standards for the young men and women that join our team. We look for young adults who will serve as outstanding role models by exhibiting high standards mentally, emotionally and spiritually. We also look for creativity, an outgoing personality, an appreciation for the outdoors, and the ability to provide leadership while being a team player. Our staff participates in a 10 day intensive pre-camp training, which includes First Aid, CPR and lifeguard certification for waterfront staff. Many staff members demonstrate an expertise in a particular program area, such as outdoor living skills, sailing, or archery.

Every employee must pass a criminal background check, drug testing and reference checks before they are hired to work at YMCA Camp Winona.

WHAT TO BRING TO CAMP

CLOTHING: (1-Week)

T-shirts / Shirts (6-8)
Underwear (6-8)
Bathing Suits (1-2) must be modest
Light Jacket
Shorts (6-8)
Long Pants (1-2)
Socks (8-10 pair)
Tennis Shoes / Sneakers (2 pair) *Must be closed-toed
Pajamas (1-2)
Rain Gear
Hat / Cap (sun protection)

PAINTBALL PARTICIPANTS: (1-Week)

Old clothes that can get dirty
 Long Sleeved Shirts (2)
 Jeans / Long Pants (2)
 Tennis Shoes

SWIMWEAR POLICY:

Because of the activities that happen at Camp, girls are asked to wear modest one-piece bathing suits or tankini's that cover the belly. Girls may be asked to put a colored shirt over their bathing suit if it is deemed inappropriate. Boys must wear boxer-style bathing trunks.

BEDDING:

Sleeping Bag or Sheets to fit a Twin Bed/Mattress Cover and Pillow (cabins average 74° at night)

OPTIONAL EQUIPMENT:

Cards/Paper	Flashlight/Batteries	Inexpensive Camera/Film	Pen/Pencil & Paper
Fishing Gear	Musical Instrument	Pre-Addresses/Stamped Envelopes	
Bible	Reading Books	Costume for Weekly Themed Dance	

WHAT NOT TO BRING:

<i>Cell Phones</i>	iPods/MP3 Players	Electronic Games	Radio/TV	Jewelry
Cash	Expensive Items	Snacks	Soda / Pop	Food
Animals	Tobacco Products	Alcohol	Drugs	Matches/Lighters
Fireworks	Knives/Firearms			

We discourage sending unnecessary items to Camp. Luxury items, as listed above, are not needed. Cell phones and other listed items interfere with the camp experience and are at risk of being lost or stolen. Therefore, they will be taken by the counselor and turned in to the director for safe keeping until the end of the session. We wish for your child to have a visit uninterrupted by electronics so that they may receive the full benefit of our traditional summer camp. **A call, whether incoming or outgoing, during the session can awaken homesickness in your child or in one of his or her cabin mates, causing unnecessary stress on the camper and their cabin.** It is the responsibility of the family to confirm they have everything before leaving camp. Any expenses to facilitate the return of items left behind are the responsibility of the family.

TOILET ARTICLES:

Washcloths
Towels (2-3)
Toothbrush
Toothpaste
Laundry Bag (or old pillow case)
Shampoo
Deodorant
Water Bottle
Bug Spray (stick recommended)
Sun Block
Comb / Brush
Wash Kit: Toothbrush
(In carrying container) Toothpaste
 Soap / Body Wash
 Shampoo
 Wash Cloths
Flip-flops/Crocs for Bathhouse/Free-Swim
(Optional)

RECOMMENDATION:

We recommend cloth labels/permanent marking to identify your child's clothes and towels. The most practical storage / luggage system for campers is a trunk/large plastic tub.

SUNDAY CHECK-IN PROCEDURE

Check-in takes place on Sunday from 2:00pm – 3:00pm. Please understand that staff will be preparing for your child's arrival and cannot accept children before this time. Camp activities begin at 4:00pm, so please try to arrive with enough time for your child to settle in to their cabin and be ready.

Upon arrival, you will be directed to the Educational (Becky) Building for camper check in. Check in consists of confirming paperwork and payment, cabin assignments, medical review and health check. **All paperwork and balances due should already be taken care of at least 2 weeks prior to your arrival.** Any medication in original bottles and files will be turned in to our Health Care Staff and your camper will be checked for lice. After checking in, your camper will receive a camp shirt at the camp store. This is a great time to pick up any left-behind items or souvenirs. Your camper will then move into their cabin and meet their counselors. After you have dropped off your camper, you are welcome to stop back at the camp store to drop off/order care packages and to drop off letters.

FRIDAY NIGHT CHECK-OUT PROCEDURE

PLEASE NOTE: All parents picking up their camper will be required to present a state-issued picture ID upon arrival. We must have a written authorization if the camper is to be picked up by anyone other than the custodial parent or guardian. The camper release form for this is included in the parent pack.

YMCA Camp Winona cannot release any camper to a person under the age of 18 or to anyone whose sobriety is questionable.

Check Out will begin Friday at **5:00 pm**. We ask that you don't pick your camper up early unless it is absolutely necessary and you have cleared it with our office.

To check your camper out you will go directly to your camper's cabin, sign them out with your counselor and pick up their belongings. After checking out with the cabin, you may come to the Education (Becky) Building where you can check out any medications with the nurse and search our lost and found for missing items and purchase/order our camp memory DVD (a DVD with all the pictures from your session) for \$10.00. **Our Camp Store will be open at the Becky Building for any last minute souvenir purchases.**

At **5:45 pm** in the Education (Becky) Building, there will be a **closing ceremony** with a short awards program and a slide show. We strongly encourage you to be on time for this program as your camper might receive an award. After the program, we suggest saying goodbye to your camper's counselors and going by the camp store to purchase souvenirs.

***Campers last meal will be Friday lunch with an afternoon snack. No dinner is served.**

SUNDAY CHECK-OUT PROCEDURE

If your camper is leaving after the Weekend Stay-Over, you will need to pick up your camper at **11:00 am** on Sunday. You **must** report to the camp office to sign out your camper. Cabins change on Fridays.

MINI CAMP CHECK-IN AND OUT PROCEDURES

The Mini Camp session, a 3-day 2-night stay, is designed to introduce participants who are not quite ready for a week away, to the fun of Camp Winona. Extra supervision, outstanding activities, and a low camper-to-counselor ratio make this the perfect first-time camp experience! Between staying in cabins with bathrooms and the adjusted schedule to fit their needs, Mini Camp is a great introduction to resident camp.

Check-In

Mini Campers should arrive at Camp on **Sunday or Wednesday** (depending on which session) as close to **2:00 pm** as possible. Sunday check-in is as regular check-in. If arriving on Wednesday, check-in will be handled at the camp office.

Check-Out

Pick up time for Mini Campers is Tuesday or Friday. If leaving on **Tuesday**, check-out will at **2:00 pm** at the camp office; if leaving on **Friday** it will be during **regular check-out**.

SCHEDULES

Typical First Day*

2:00 – 3:30 pm	Campers arrive, move into cabins, and meet their counselors
4:00 – 5:30 pm	Camp Orientation, Tour, Swim Test
6:00 pm	Dinner
7:00 pm	Sign up for activities
7:45 pm	Opening campfire
9:00 pm	Showers and Devotions
10:00 pm	Lights Out

* Schedule may vary

A Camper's Typical Day:

7:30 am	Rise and Shine
7:45 am	Cabin/Camp clean up
8:15 am	Flagpole – Blessing
8:30 am	Breakfast – Morning Thought
9:15 am	Morning Activities
12:15 pm	End of activities – prepare for lunch
12:30 pm	Lunch
1:15 pm	Rest Period
2:30 pm	Activity Period
3:30 pm	Camp Store (snack)
4:00 pm	Waterfront Activities
5:30 pm	Return to cabins / clean-up
6:00 pm	Dinner
6:45 pm	Supervised free time
7:15 pm	Vespers
7:30 pm	Evening Program
9:00 pm	Return to cabins / showers
9:30 pm	Devotions
10:00 pm	Lights Out / Taps

PROGRAMS

Activities

Under the careful supervision of highly trained and skilled instructors, daily activities are designed to build character, make friends, promote independence, work on teambuilding, sharpen skills, and have fun. Campers will sign up for their activities after dinner on Sunday.

General Camp Activities

Each camper participates in land and water activities daily. Campers choose their activities based on their interests to perfect new skills. Archery, Riflery, Arts and Crafts, teambuilding, team sports, dance and cheerleading, drama, nature study, garden games, gaga pit, newspaper, survival skills, hiking and more round out our land activities. On the water we have swimming, canoeing, kayaking, corcling, paddle boarding, sailing, fishing and playing with water toys.

Paintball and our High Ropes Course are available at an additional cost for ages 10 and up.

Activities offered are subject to number of campers signed up for activities and staff availability.

Evening Programs

Our evening programs are a fun time to join as a camp or small group to enjoy fun activities at the end of the day. Our opening and closing campfires, cabin night, weekly themed dance and other camp-wide programs will be the highlight each night.

Leaders-In-Training (LIT)

Our Leader-In-Training Program is a transitional program between campers and our Counselor-In-Training (CIT) Program for 15 and 16 year olds. This two-week program focuses on developing leadership skills, team building, responsibility and enjoying the traditional camp activities. This program is designed for those campers interested in strengthening their leadership skills. This camp session is two full weeks including one weekend.

Counselor-In-Training (CIT)

The Counselor-In-Training (CIT) program at YMCA Camp Winona is designed to provide leadership experiences specific to camp counseling to 17 year olds. CITs are required to commit for a three week camp experience where they will learn the basics of being a camp counselor. During that time, they will live in a cabin with campers and counselors, meet daily with a director to discuss observations and strategies for leading campers effectively and provide leadership in activity areas. CITs are campers and will not be left alone to supervise other campers.

The CIT program at YMCA Camp Winona helps to prepare tomorrow's leaders for summer camp. The next year's counselors are selected from the CIT ranks. However, it should be noted that program participation does not guarantee selection as a counselor.

CITs are selected through a written application and interview process.

Teen Camp

Teens, ages 13–17, who register for this session will experience more age appropriate activities, later wake-ups and lights-out times, night games and special activities.

Paintball

This is an exciting, fast-paced, action-packed sport for any camper 10 years of age and up. Each camper will attend a safety orientation where rules and safety procedures are reviewed and practiced before playing games. Camp Winona has two paintball fields including a wooded playing field and an open arena. A full-face mask is worn at all times during the activity. Camper **MUST** bring long sleeves and long pants to participate. (Mandatory)

*There is an additional fee of \$75 for paintball. This program is available only to those who are pre-registered and are 10 years of age and up.

High Adventure / Ropes

We have 5 high elements up to 40 feet above the ground they will be coached to maneuver through. Campers will work on problem-solving, teamwork, trust, self-motivation, communication, and leadership skills. Campers will be assigned to 2 – three hour blocks during the week.

*There is an additional fee of \$30. This program is only available to those who are pre-registered and are 10 years of age and up.

Weekend Stayover

This is ideal for those campers that are staying multiple sessions or just want to add a fun weekend to their Camp Winona experience. Friday night through Sunday morning, campers will be supervised while they enjoy fun activities and take a Saturday trip to a local attraction. Your camper must be pre-registered for the Weekend Stayover as we **must** purchase tickets in advance. There is a \$155 fee to attend which includes meals, lodging, transportation and entrance to attractions and Order-In Pizza Night for each of the four weekends that we leave camp. If you wish to give your child extra spending money for the trip, you can do so at check-in and it will be sealed and locked away until Saturday. No money is taken for the Camp Bash weekend.

Session Themes and Camp Dance Themes / Saturday Trips/Events (Trips are subject to change)

Each session will have a theme that coincides with our Dance Theme. We will have a themed dance on Wednesday night. We encourage you to pack: outfits, costumes, face/body paint, etc for the dance. Staff will be going all out and prizes will be given for the best outfits. The more your child is into it, the more fun it is.

Theme	Dance Theme	Weekend trip
WK 1 - Uside down, Backwards & Inside Out	Mis-Matched Mash-up Party	Fun Spot
WK 2 - Time Travelers	Rockin' thru the years	St. Augustine Tour and Attractions
Wk 3 - International Voyage	Beachfront Luau	Daytona Lagoon
Wk 4 - Color Wars	Camp Prom	Crayola Experience / Choc. Kingdom
Wk 5 - Red, White and Blue	Party in the USA	4th of July Party
WK 6 - The Magical World of Camp Winona	Pirates and Princess Bash	

PARENT INFORMATION

Flexible Rate System

YMCA Camp Winona is based on a Flexible Rate system. You may register for multiple sessions. All spaces are on a first come, first serve basis.

Flexible Rate pricing is strictly voluntary and operates on the honor system. We realize that families have different abilities to pay. It is the goal of camp to completely cover our expenses yet maintain our commitment to make camp affordable to all. It does not influence your child's experience at camp. Discounts apply to Rate 1 pricing only.

Rate 1 is based on the full cost of campers participating in the selected programs. It reflects the actual cost of sending a camper to camp including improvements made each year.

Rate 2 is a partially subsidized rate that can help families who cannot always afford the full rate of camp.

If further assistance is needed, you can contact us to speak to our staff about further options. The campership application if available for download from our website.

We offer payment plans. Please call the camp office for more details or follow the prompts if signing up your child online.

Scholarships (Camperships)

Scholarships, in the form of financial assistance, are awarded to families interested in participating in YMCA programs, like resident camp. To determine eligibility, a family must complete a financial assistance application and supply all necessary supporting documentation. A committee of volunteer and staff will review applications confidentially and make award determinations based on a sliding scale. We are sensitive to extenuating circumstances, and will readily discuss needs your family may have beyond what your household income would indicate. Our guidelines are based on Florida SNAP (food stamp) guidelines.

Deposits

A non-refundable deposit of \$75 per camper, per session is required to hold your camper's spot (\$150 for LIT, \$300 for CIT, and \$100 for CVC). The balance (subtracted from total fees), will be due two weeks prior to the session start date. After these dates the fee should be paid in full unless prior arrangements have been made.

Balance Due on Camp Fees

The balance of camp fees is due **two weeks before the reservation date**. We are only able to guarantee a place for your child if the balance is paid when due.

Refund Policy

Camp registration deposits are **non-refundable**. However, the balance of registration fees may be refunded if cancellation is made **at least two weeks** before the scheduled arrival date. The only exception of this policy would be in the case of accident or illness and requires a letter from a physician. No credit will be given for late arrivals or early departures. If the camper is dismissed due to behavioral/social issues, the camp fee is not refunded.

Canteen / Snack Time

Campers will have the opportunity to come to our camp store each afternoon for snack. Campers will receive one food and one drink item each day. This fee is included in the price of camp. **There is no need for your camper to have any money in their possession while at camp.** Our camp store is conveniently open on opening and closing day to purchase other camp souvenirs and items.

Camp Store

The store will be open during opening and closing day of each session for your opportunity to purchase camp souvenirs, and any "forgotten" items such as flashlights and toothpaste. A Memory DVD/CD of all camp pictures from that week will be available for purchase/order at the Camp Store for \$10.00.

If you want to make sure your camper receives a care package, you can now make your own at the camp store and we will deliver it on the day of your choice. Please understand that we have limited options for care packages. You may wish to purchase additional items and bring them to supplement what is purchased at the camp store. As well, you may bring your letters to your camper to us to be given on the days you desire. We will have staff available near the camp store to collect these items.

If your camper is here for a weekend stay-over, staff will lock away any extra spending money your camper may bring for the weekend trip. Place all money in an envelope with your child's name on it and turn it in to our staff at check-in. It is the responsibility of the parents to collect any remaining money when picking up your child. Any money left behind will be considered a donation to our Campership scholarship funds if not collected in a timely matter.

Phone Calls

We do not allow campers to make phone calls from camp. Our office is open and staffed from 9:00 am to 5:00 pm Monday through Friday. After business hours, the staff member on duty will check messages frequently and will respond to all emergency calls as soon as possible. We will respond to all other calls during the next business day. The camp phone number is (386) 985-4544. Cell phones are not permitted in camp by campers. If your camper brings a cell phone it will be locked up in the camp office until they check out on the closing day of the session. We wish for your child to have a visit uninterrupted by electronics so that they may receive the full benefit of our traditional summer camp. A call, whether incoming or outgoing, during the session can awaken homesickness in your child or in one of his or her cabin mates, causing unnecessary stress on the camper and their cabin. It is the responsibility of the family to confirm they have everything before leaving camp. Any expenses to facilitate the return of items left behind are the responsibility of the family.

Homesickness

Part of the resident camp experience is adjusting to new situations and people. If homesickness continues beyond the first day or two we will call parents to discuss the situation. However, in almost all cases, homesickness does not last longer than a day or two. You can help your child have a great time by remaining positive and discussing the fun and great experience he or she will have. It is our goal to have a welcoming attitude and an open, friendly, warm atmosphere. Suggesting to your child that if he or she becomes homesick they may call home and/or "Mom or Dad will come pick you up" **will not help your child emotionally** prepare themselves for their first camping experience. Also, early letters may sound upsetting, but usually, by the time you receive the letter, your camper has adjusted and often forgotten what he or

she wrote. If you think your child may be struggling with homesickness, please feel free to call the camp office and we will check on them and give you an update.

Visits

We encourage parents **not to visit** their child during the session. A visit during the session can awaken homesickness in your child or in one of his or her cabin mates, causing unnecessary stress on the camper and their cabin. Unscheduled visits also disrupt the carefully planned activity schedule. Any visit **MUST** be approved by the Camp Director in advance.

Cabin Assignments

We make every effort to honor your request for a cabin mate as indicated on your registration form. However, if there is an age difference of more than one year, we may not be able to have them in the same cabin. Twins, unless otherwise stated, are placed in separate cabins as space permits. As making new friends is one of our goals, we honor more than **two** cabin mate requests per camper. Preference is given to those who mutually request each other.

Emails and Camp Photo Gallery

Included in the parent pack is information about the photo gallery and the email service that Camp Winona is offering to all parents. You may check the camp website and go through **Bunk1** to view photos of campers participating in their daily activities free of charge and may choose to send e-mails (and e-mail reply sheets) for a small fee. You may find the email service quicker and more convenient than regular mail. Campers do not have access to computers but can either respond using traditional mail service or fill out a Bunk1 Reply Email Form provided by you. Emails to campers that are not through the Bunk1 service are not deliverable. Bunk1 sends all emails at 12:00 am the morning before. Any emails after 12:00am will be sent the following day. All mail is delivered during lunch.

*See the one-way email information sheet included with the parent pack and available for pickup during check in. Emails to campers that are not through the **Bunk1** service are not deliverable. Remember campers' emails are not private and will be printed and passed out during lunch.

Camp Photographs

Camp photographs will be posted every night/following morning as time permits to **Bunk1**. Our goal is to have as many campers captured in one or more photos each session. However, no guarantees can be made as to the frequency of your camper appearing on the camp photo gallery. Telling your camper to smile at the camera will help their chances. You may check the camp website for photos at no charge and may choose to purchase them through the Bunk1 service for a small fee. A Memory DVD/CD of all camp pictures will be available for purchase/order at the Camp Store for \$10.

Mail

Whether it is your child's first or tenth summer at camp, mail call is an important part of every camper's day. Incoming mail and e-mails will be distributed daily. Here are some hints to make corresponding with your child more successful.

Do:

- Send frequent letters: they don't have to be long. Postcards are great.
- Be creative. Have a grandparent write a letter, have pets send messages or send favorite comic strips, stickers, jokes, etc.
- Mail a letter before your camper leaves for camp to make sure it arrives for the first day or drop off letters at the camp store for distribution during the session.
- Allow at least three-days' time for postal mail to reach Camp.
- Provide your child with self-addressed, pre-stamped envelopes for sending letters home.
- Buy care packages from the camp store or bring your own care packages to be delivered on the days you choose.

Write your camper's name and session attending on mail you send. Cabin name is not required.

Don't:

- Encourage homesickness by emphasizing how much you miss your child.
- Write how much fun you are having on vacation while your child is at camp.
- Dwell on negative happenings. You can discuss real problems with your camper when he or she returns home.

Campers who receive care packages participate in "Kiss-the-Gator".

Campers who receive 3 or more pieces of mail in a day participate in "Sing-a-Song".

Communicating with your child:**Stamped Mail**

Camper's Name

Session at camp (ex: Session 2)

YMCA Camp Winona

898 Camp Winona Rd.

DeLeon Springs, FL 32130

Food from Home

YMCA Camp Winona plans well-balanced meals for your camper. In addition, we furnish snacks daily for the camper. We request that no food be brought from home or sent to camp as this can create an insect or rodent problem in the cabin. Any food care packages that arrive at camp will be distributed among the cabin for these reasons. Campers can always let their counselor know if they are hungry. Any dietary needs or extra food a camper may need is handled through our food service or camp nurse prior to or at check-in.

Lost and Found

During the week we try our best to return any lost items with names in them to campers. We will keep all lost items for two weeks after the camp session ends. Any unclaimed clothing will be donated to charity. PLEASE MARK all of your camper's belongings with their name so we can get it back to them. We recommend that you check to make sure you have all your camper's belongings **before** you leave camp and be sure to check the lost and found items table at check-out. It is the responsibility of the family to confirm they have everything before leaving camp. Any expenses to facilitate the return of items left behind are the responsibility of the family.

Transportation - \$150 round trip

Campers are usually transported to and from camp by family. For those campers arriving from greater distances and needing transportation to and/or from the airport or Greyhound bus station can call us and we will help arrange pick-up transportation to and from camp. Campers arriving before Sunday or departing on Sunday must be signed up for Weekend Stayover. For campers departing Saturday, please call for adjusted weekend fees.

Camper Code of Conduct

All parents and camper(s) will need to review and sign and turn in the camper conduct code in the parent pack prior to the start of camp. Below is the list for your review.

Code of Conduct

1. Stay safe while having fun.
2. Always follow directions of YMCA Camp Winona staff.
3. All campers must be with their counselor, activity group or "buddy" at all times.
4. Respect other campers at all times. This includes not hitting or verbally abusing other people. Inappropriate language is not allowed.
5. Respect your environment by refraining from littering and abusing equipment/furnishings. No carving or writing on camp property.
6. Shoes must be worn at all times. The counselor will approve exceptions.
7. No camper is allowed to have or use any form of tobacco product, controlled substance, or alcoholic beverage.
8. No camper is allowed in any cabin except his/her own.
9. No one is allowed in the opposite gender's cabin or bath area.
10. After lights out, campers must remain in their cabin unless using the bathroom or seeing a medical staff person. The counselor must be asked before leaving the cabin.
11. All campers must participate in all their scheduled activities. If ill, inform cabin counselor, who will direct the camper to the medical staff person.
12. No pillow fights or towel flicking (rat-tails).

Consequences of Actions While Attending Camp

1. Campers are made aware of all rules and guidelines again upon arrival.
2. Camp staff will first verbally warn campers for breaking these rules and guidelines.
3. After warning camper, if behavior or action still persists, camper will not participate in that given activity.
4. If behavior or action persists, campers will be sent to the camp director. Parents will be notified at this point.
5. Campers will be put on a 24-hour contract. If behavior or actions do not improve, camper will be sent home at parents' expense.
6. The camp director will discuss all decisions thoroughly before any child is sent home.
7. The camp director reserves the right to send any camper home if it is in the best interest of the YMCA Camp Winona program and other campers. Immediate dismissal of a camper may result from severe infractions.

YMCA Camp Winona is committed to providing children an opportunity for full and equal enjoyment of the camping experience. If your child appears to have any serious behavioral problems or special circumstances involving physical, medical or psychological concerns, the Director should be notified of this now so that reasonable modifications can be considered. Children cannot be accepted who do not have the promise of living cooperatively, compatibly, and safely with other children. Camping is designed to be a strong influence in the lives of the children it serves and typical problems are usually overcome.

YMCA Camp Winona recognizes that most children's problems are quite normal and correctable through a program of high expectations and positive motivation. However, children with serious behavioral problems should have special guidance concerning their readiness before going to camp. These problems should be discussed with the Director and the advisability of accepting the child can be determined at this time. The Director reserves the right to decline the application of any child, or send home a child, who according to the Director's discretion is not a desirable associate for the other campers.

Medical Information

The health and well-being of your child is of primary importance to the staff of Camp Winona. All activities, meals, leisure time and camping experiences are first designed with a foundation of safety.

- Each camper must have a health exam within 12 months of his/her arrival at camp. Both the health care provider and a parent/guardian must sign a camper health history form. Please provide the name and policy number of your insurance company on the health history form.
- Parents certify that, at the time of arrival, to the best of their knowledge, their child/children have not been previously exposed to any communicable disease, or have any injuries to limbs or body which requires the care of a doctor.
- Every camper must have a current health form on file before attending camp. **Form is only good for current season.**
- Camp Winona has a fully equipped health care facility and medical staff on residence.
- Once your camper has arrived at Camp he/she will check in with our medical staff person at the registration table. At that time all medications are collected and placed under lock and key.
- All medication must be in the container issued by the pharmacy and have the camper's name and dosage on the label and/or written consent and instructions by a physician. **THIS IS NECESSARY IF THE MEDICAL STAFF PERSON IS TO ADMINISTER ANY MEDICATION.** We discourage sending non-

prescription medication to Camp unless absolutely necessary. Medication can ONLY be given as directly prescribed by a physician.

- Please do not send medication for your camper that has been taken out of its original container and packed into individual bags/containers. The medical staff person will **not** be able to administer this medication.
- Campers are not allowed to have any medication in their possession. The medical staff person dispenses medication at proper times.
- Camp medical personnel review the health form of each camper. If your child has special needs, he or she will be instructed as to which times to come to the clinic throughout the day.
- Each camper will be checked for head lice during check-in. If any evidence of lice or nits are present, the camper's parent(s)/guardian(s) will need to have this treated and may reschedule him/her for another available camp session.

In Case of Emergency

When the camp physician or other out-of-camp medical treatment is needed, the parent or guardian will be notified immediately. Please be sure to sign and authorize this on the medical form. This will permit the director to have emergency treatment started if the parent or guardian is not available.

Please remember that all medical treatments provided by the doctor, hospital, or pharmacies are not included in the camping fee. If you receive a bill from one of these agencies, you are responsible for payment.

Other safety precautions taken at Camp include: Fire safety, accident prevention, weather monitoring, water safety, and proper supervision of campers. Other health precautions taken include: Water testing, disinfection, proper food handling practices, identification of possible disease and daily showers. Camp Winona meets or exceeds all Health Department standards and is inspected regularly. Camp Winona also has a certified emergency person on property 24-7 during camp sessions. Staff are trained and certified in first aid and community-first CPA, AED and oxygen. All Lifeguards are either ARC or YMCA-certified lifeguards.

DIRECTIONS TO CAMP WINONA

From Daytona Beach/Ormond Beach: Take SR 40 west for 15 miles (after I-95). Turn left at Camp Winona sign on Lake Winona Road for 2.5 miles to camp entrance.

From Deland: Take U.S. 17 north. Go through DeLeon Springs and travel approximately 1 mile north. Turn right at Camp Winona Sign onto Lake Winona Road. Take Lake Winona Road for 3.3 miles to Camp entrance.

From Orlando: Take I-4 east towards Daytona Beach. Take exit 114 and turn left onto 472. Turn right (north) on 17-92 in Deland. Follow directions from Deland above.

GPS Coordinates:

N 29° 10.919
W 81° 20.127

KEY TERMS

1. **Activities** – Camp activities camper choose designed to develop skills
2. **Becky Building** – Multi-Purpose Education Center named after Rebecca Stiller, for whom it is dedicated
3. **Blob** – 40 feet of fun! Jump from the tower onto the Blob to send your buddy flying into the lake
4. **Boat Graveyard** – Area at the far north corner of camp where retired boats were previously kept
5. **Buddy Check** – Every 15 minutes during free swim when lifeguards determine the presence and safety of all campers and staff
6. **Bug Juice** – Drink served at meal times
7. **Camp Store** – A vendor of candy, drinks, souvenirs and other camp items
8. **Climbing Tree** – A tree in camp that everyone likes to climb while supervised. It is the tree that our heritage logo was designed around
9. **Devotion** – A story, thought, or lesson meant to provoke reflection
10. **Gaga Pit** – A cool game everyone plays inside a wooden octagon by hitting a ball while trying not to get hit!
11. **Kiss The Gator** – Something of a tradition when you get a care package
12. **Leadership Staff** – Administrative Staff (supervisory staff)
13. **Rags and Leathers** – A YMCA Christian Goal setting program for campers and staff ages 8 through adults
14. **Taps** – A song we close our day with as a group before we go to our cabins
15. **Vespers** – Nightly devotional and reflection time at our outdoor chapel
16. **Wet Willie** – A giant suspended slide ending in the lake