



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

2020 PARENT PACKET

We are very excited that you have decided to send your child to spend time with us this summer at YMCA Camp Winona. Due to this crazy year we've been having, children need Camp more than ever. With all that is going on though, you might be a bit nervous, understandably. Your camper's safety and happiness is always our top priority, and we are doing everything we can to provide a safe and amazing experience for your child.

We have been providing character development and quality programs for over 100 years. While Camp will be a bit different this year, that part won't change. It is our goal with this packet, that most of your questions will be addressed. Please contact us if you have any other questions.

Welcome to the Camp Winona Family!

Alex Kinney
Executive Director



What You Will Find In This Packet — And How It Helps!

2. Who We Are
3. Daily Camp Schedule
4. Preparing For Camp
5. Check In & Out Procedures
6. Homesickness & Camp Store



Going through this packet with your camper will help alleviate any anxiety and homesickness that they (and you!) might be feeling!

Phone #: 386.985.4544
Email: campwinona@vfymca.org



Who Is Caring For Your Child?

We know it can be difficult sending your child off to people you do not know personally. However, you can sleep easy! Our counselors and staff at Camp are not only capable, but are also very excited to work with your child this summer. Camp Winona is accredited by the prestigious American Camping Association and follows over 300 standards in safety, health and program quality.

During the hiring process, we do expansive background checks to ensure your child's safety. All counselors we hire are over the age of 18 and go through a very extensive training program. Besides preparing them to work with children, we also certify them in all the various program areas that Camp Winona has to offer. We lifeguard train all of our staff, so your children are safe at our lake waterfront. Our staff are all CPR/First Aid trained, and we have a Registered Nurse available 24/7.



Still Unsure? Come Check Us Out!

Join us at a Sunday Open House! We will have staff available to answer all your questions and it gives you the opportunity to see the Camp facilities. Another great opportunity is to sign up for Family Camp over Memorial Day before Camp officially begins; you'll get to have the fun of Camp with your child and meet the staff that will be working with your campers this summer.

Open Houses: 2:00-3:30pm

- Sunday, January 26
- Sunday, February 23
- Sunday, March 29
- Sunday, April 26

Family Camp: May 22-25





Daily Camp Schedule

Every day will be a different experience, filled with Camp activities. However, the schedule to the right will give you a good idea of what it might look like. Cabins will remain together during the day and rotate throughout the week; getting the opportunity to try archery, survival, music, teambuilding, riflery, canoeing, stand up paddleboarding, crafts, fishing, athletics and more! Start talking to your child about what activities they are really looking forward to!

This year, evening programs will be all-camp activities, with cabins still remaining socially distant from each other.

7:45 Morning Flag
8:00 Breakfast
8:45 Cabin Rotations
12:15 Lunch
1:00 Swimming
2:30 Rest & Snack
4:30 Cabin Rotations
6:15 Evening Flag
6:30 Dinner
7:00 Free Time
7:30 Vespers/Reflection
7:45 Evening Program
9:30 Cabin Chat
10:00 Lights Out



WEEKLY THEMES

Each week's theme will be integrated into the all-camp activities. Many campers bring a fun outfit for our Wednesday night dance!

- Week 1: CANCELED
- Week 2: Safari
- Week 3: Superhero
- Week 4: Color Wars
- Week 5: Hawaiian Luau
- Week 6: Blast From The Past
- Week 7: Olympics
- Week 8 & 9: TBD



Preparing For Camp

There are a few things that need to be done before you arrive at Camp Winona. If you go to our website under the "Resources," you will find the forms you need.

To Do Checklist

- ◇ Complete and turn in the **Health History Form**
- ◇ Turn in a copy of a **Physical** done in the last 12 months
- ◇ Pay your camp **balance**
- ◇ Go through **this packet** with them
- ◇ **Pack!** We recommend writing your name on all the items. Please pack all items in a **plastic tote**, rather than a bag. This is easier to carry and clean!
- ◇ Remain **socially distant** for two weeks prior to Camp to ensure maximum safety for all.
- ◇ Practice frequent and proper **hand washing!**
- ◇ Track camper's **temperature** and health for two weeks prior.
- ◇ **Get excited!**

Packing List

- ◇ Water Bottle
- ◇ Small backpack/fanny pack
- ◇ High SPF Sunscreen & Bug Spray
- ◇ 2 Pair Close Toed Shoes (that can get muddy/wet)
- ◇ Flip flops (for bathhouse/beach only)
- ◇ Hat & Sunglasses
- ◇ Swimsuits & Towels
- ◇ Daily Socks/Underwear
- ◇ 6-8 Shirts & Shorts
- ◇ 1-2 Pants
- ◇ Light Jacket/Rain Gear
- ◇ Long sleeve shirt/pants (required for paintball)
- ◇ Pajamas
- ◇ Toiletries in Carrying Container
- ◇ Bath Towel
- ◇ Sleeping Bag and/or Twin Sheets & Blanket
- ◇ Pillow
- ◇ Flashlight
- ◇ Pre-addressed & stamped envelopes

Do NOT bring the following:

Phones, or any electronics, inappropriate clothing (if you can not wear it to school, do not wear it at Camp), personal sports equipment, drugs, alcohol, expensive items, food, knives, fireworks



Check In & Check Out

Your child's safety is our number one priority, which is why we take check in and check out very seriously. You **MUST** sign your child in before you depart. Every person, including the person that dropped them off, is **REQUIRED** to be listed on the authorized pick up list **AND** show a driver's license to pick your child up. **This year, during check in & check out, we are only allowing ONE parent per child.**

Check In—Sunday, 2-3pm

Please do not arrive before 2pm, as our staff are preparing for check in. Activities begin promptly at 3:30pm. Do not bring more than one guardian, per camper. Upon arrival, please stay in your car and you will be directed for: cabin assignment, health check and check in meds, missing paperwork, camp store account, and to pay any remaining balance. Then you will take your camper to their cabin. You'll help them settle in, meet their counselors, and then say your "see you later!"

Check Out—Friday, 5-6pm

Upon arrival, you'll be directed to sign your camper out, pick up any meds and a weekly report, and then a short ceremony. Once the ceremony is finished, you can: chat with your child's counselor, visit the Camp Store, check lost and found, and collect your campers belongings!

We thank you for your patience as we adjust check in and out procedures to provide maximum distance between all families.

Mini Camp Boys Session

Check in—Sunday, 2-3pm

Check out—Tues, 5-6pm (Main Office)

Mini Camp Girls Session

Check in—Wed, 2-3pm (Main Office)

Check out—Friday, 5-6pm

Weekend Stayover

If your child is staying over the weekend after their session, but leaving before the next session, check out will be on SUNDAY at 11am at the Main Office



Homesickness

Going to Camp for the first time or staying overnight away from home can be tough and bring a lot of anxiety for any child or parent. We have some helpful tips to prepare you both for a beneficial and rewarding experience.

- **Read this packet with them.** It will help them know what to expect and build excitement.
- **Hide your anxiety.** As a parent, your child will look to you on how to act about this new experience. Talk about how you wish you could go! The more conversations you have with them, the better they will feel.
- **Limit screen time.** Many kids don't know life without screens. We recommend limiting screen time prior to Camp to help them prepare to be "unplugged!"
- **Do NOT tell them you'll pick them up early or call to check in.** This prepares them to be homesick and less likely to keep a positive attitude or try new things.
- **Tell them about your first time away from home.** This lets them know that it's normal to miss home. And that even if they get sad, they'll get through it!
- **Tell them you love them and send them letters.**

Camp Store

While daily nutritious snacks are provided, campers will have the opportunity to buy additional snacks and drinks, as well as merchandise like shirts, hats, stuffed animals, and more! Do not give your child cash to use; you will deposit money into an account at Camp Check In. We will have the store open during Check Out to spend any leftover money, or to grab additional swag!

There are no refunds. Any leftover amount will be donated to our Annual Campaign to help send Kids to Camp.