



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

2021 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. With these unprecedented times and the struggles most have experienced lately, children need Camp more than ever. With all that is going on, you might be a bit nervous, understandably. Your camper's safety and happiness is always our top priority, and we will do everything we can to provide a safe and amazing experience for your child. We are very proud that we successfully served 500 campers in the summer of 2020.

We have been providing character development and quality programs for over 100 years. While Camp might 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 one of our many of our year round Camp events! We have various Open Houses, Family Fun Days, Mini Camps, and Family Camp! These are all great opportunities to ask staff all your questions, and see the Camp. Bonus— you get to have fun too! Check out our website and social media for details and registration!

www.CampWinona.org

Facebook.com/ymcacampwinona

Instagram.com/ymcacampwinona





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 Swimming
12:15 Lunch
1:00 Cabin Rotations
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 lightly integrated into the all-camp activities. Many campers bring a fun themed outfit for our Opening Campfire and/or our Wednesday Night Beach Party!

- Week 1: TBD
- Week 2: TBD
- Week 3: TBD
- Week 4: Color Wars
- Week 5: Hawaiian Luau
- Week 6: 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 and packing 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 **hand washing!**
- ◇ Track camper's **health** for two weeks. Rapid testing prior to Camp is encouraged too!
- ◇ **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
- ◇ Swimsuit & Beach Towel
- ◇ 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. We are asking that each family only bring one guardian, per camper to limit the amount of people at Camp.

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, head check (anyone found with lice or nits will be asked to leave and can return 24 hours later pending another head check), health check and medication check in, missing paperwork, camp store account, and pay any remaining balance. Then you will take your camper to their cabin. You'll help them settle in, meet their counselors, sign in, 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 (TBD). 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!

Mini Camp Sessions

Check in—Sunday, 2-3pm

Check out—Tues, 5-6pm (Main Office)

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!
- **Try a Mini Camp Weekend!** During the spring, we have two night Camps which are a great trial run!
- **Tell them you love them and send them letters.**

Camp Store

While fruit and a daily snack 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.