



**YMCA
CAMP KANATA**

Overnight Camp Parent Handbook 2019

Camp Philosophy:

The philosophy of Camp Kanata, an overnight camp of the YMCA of the Triangle Area, centers on each individual child. In an atmosphere of fun and adventure, children can develop self-confidence, initiative, social skills, and spiritual awareness.

Accreditation:

Kanata is accredited by the American Camp Association, which means it meets all industry-accepted and government-recognized standards.

Registration and Enrollment:

Children ages 6-15 may enroll in one or more of the nine, one-week sessions offered each summer. Campers are accepted on a first-come, first-serve basis, regardless of race, creed, or national origin.

Staff:

Camp staff members are carefully selected to ensure a safe and enjoyable experience for the camper. A background check is performed for each staff member and they must undergo an intensive weeklong staff-training event to become oriented to the unique characteristics of summer camp.

Facilities:

Camp Kanata is located on 150 acres of rolling hills outside of Wake Forest, NC. Cabins nestle among the tall pines and overlook Kanata's spring-fed lakes. Groups of about 10 campers and two counselors are housed in each cabin. There is an air-conditioned dining hall that seats more than 300, an aquatic center, a health center with a nurse's quarters, a 7,000 square foot covered pavilion and an outdoor chapel. Activity areas include riflery and archery ranges, challenging ropes courses, 75-foot waterslides, miniature golf course, craft shop, and a lakeside amphitheater for Friday night campfires.

Health and Safety:

We strive to keep every child healthy and safe during their stay at camp. Camp Kanata maintains accreditation by the American Camp Association and has an "A" sanitation rating from the North Carolina Health Department. The health center is always staffed by a Resident Nurse who lives at camp during the camp sessions.

ADA Policy:

We're committed to providing equal opportunity and access to all children. YMCA of the Triangle and YMCA Camp Kanata do not discriminate against any individual, including individuals with diabetes, on the basis of a disability or on the basis of any individual's association or relationship with an individual with a disability in the full and equal enjoyment of the goods, services, facilities, privileges, advantages, or accommodations offered at any of its locations. The YMCA of the Triangle will make reasonable modifications for individuals with diabetes or other disability upon request from them or, if the disabled individual is a child, from the child's parent or guardian, unless such a request amounts to a fundamental alteration of the relevant program (i.e., child care, camps, before and after school programs, classes and recreational programs). The provision of reasonable modifications is not limited to urgent, non-routine situations, and YMCA of the Triangle will make individualized determinations based on the specific facts of each request and will not apply a general prohibition against providing particular types of reasonable modifications.

If you have questions about ADA accommodations at YMCA Camp Kanata, please email CampKanata@CampKanata.org for assistance. A Camp staff member will contact you within three business days.

If you have questions about ADA accommodations at the YMCA, please email ADA.officer@YMCATriangle.org for assistance. The ADA Compliance Officer will contact you within three business days.

Communication From Health Center:

Parents are promptly notified by our Health Center staff whenever:

- Your child is ill and will be staying overnight in the Health Center.
- Your child visits the Health Center twice with the same complaint.
- Your child has a temperature of 100.1 or higher.
- Your child has any type of presentation that requires further assessment by a doctor, dentist, orthodontist, etc.

Parents will not be notified whenever:

- Your child receives regular first aid treatment (bug bites, minor cuts, etc.)
- Your child rests in the health center during an activity period.
- Your child receives basic health care (common cold, cough, stomach ache, etc.)

Activities:

Overnight campers sign up for activities during check in at their cabin. There are 3 activity periods each morning (9, 10, and 11am). Each afternoon at 3pm, we have a Shoulda Woulda Coulda activity period which is free roam so campers can do more of what they love or try something new they did not sign up for. All campers have swimming activities in addition to their 4 major activity times.

Regardless of the theme of the week, primary activities (Archery, Riflery, Swimming, Arts and Crafts, Sports, Games, etc.) remain the same. The theme affects things such as costumes, music, skits, and general camp merriment. The theme may also put a special twist on the activities offered. For example, during Color Wars week, campers may have competitions between teams (yellow team, blue team, green team, etc.).

Neuse River Canoe Trip:

Campers who are registered specifically for the canoe trip will be off camp property from approximately 9:00 a.m. until 3:00 p.m. on Thursdays.

Visitation/Phone Calls:

If a camper is staying for two or more consecutive weeks they may have visitors. Visitors may come during check-out on Saturday mornings (9:30am-10:30am). Phone calls (or use of a cell phone) can delay the camper's adjustment to camp life—we encourage independence and self-reliance, therefore phone calls and cell phones are not allowed. A message can be relayed to your camper through the camp office. If there is an emergency, please call the camp office and a director will assist you and your camper.

Appointments/Athletic Events:

Unless it is a family emergency, please do not schedule athletic events or appointments that will conflict with camp time. This is disruptive to the camper and the cabin unit.

Check In and Check Out:

Check In is on Sunday from 2-4 p.m.

Check Out is on Saturday from 9:30-10:30 a.m. Families are welcome to join campers and staff at chapel on Saturday from 9-9:30 a.m.

If there is a change in the check in or check out schedule, families will be notified by email.

Camper Mail:

If you are sending letters or packages, please include the camper's name and cabin number. At lunch and dinner, all mail received is sorted and distributed. You can also bring your package or letter to the camp office to be distributed to the camper.

Meals:

All meals are served family style, 3 times a day (8:00am, 1:15pm, 6:30pm) to all cabins. Each meal provides both a meat and vegetarian alternative to fit needs of campers and staff. Please list other dietary needs on the Electronic Camper Information Form and inform your child's counselor upon arrival.

Discipline:

Camp rules are implemented to ensure a fun and safe atmosphere at Kanata. Administrative Directors will contact parents if there is an ongoing concern with their child. Children who do not demonstrate appropriate behavior will be sent home at the discretion of the Camp Director. Early dismissal from camp will not guarantee the refund of fees.

Camp Apparel/Cabin Pictures:

Campers receive a complimentary Kanata t-shirt and cabin photo. Kanata apparel is also sold during check-in/out.

Spending Money:

Campers do not need spending money at camp. Snacks and drinks are covered in fees.

Schedules and Packing List:

Pack items in container of your preference: luggage, trunk, plastic tub/drawers, laundry basket, etc.

Daily Schedule:

7:15 – Wake up
7:45 – Chapel
8:00 – Breakfast
8:30 – Cabin clean-up
9:00 – 1st Activity
10:00 – 2nd Activity
11:00 – 3rd Activity
12:00 – Cabin Time/Swim
1:15 – Lunch
2:00 – Rest Period
3:15 – Shoulda Woulda Coulda (free choice activity time)
4:15 – Camp store (snack/drink provided)
4:45 – Swim
6:30 – Dinner
7:00 – Cabin Time
7:30 – Evening Program
9:00 – Return to Cabin
9:30 – Devotions/Showers
10:00 – Lights out

What to Bring (suggested list):

7 pairs of shorts
1 pair of pants
7-10 T-shirts
8 pairs of socks
Sweater or jacket
2 pair of sneakers
2-3 bathing suits
Sleeping clothes
7 sets of underwear
Rain gear
Sunblock
Sleeping bag or sheets (twin)
Pillow
3-4 towels
Toiletries
Laundry bag
Addressed cards or envelopes
Paper and stamps
Clip-on, plug in electric fan
Flashlight
Insect Repellant
Labeled water bottle
Shower shoes

Horseback Riders:

Closed toed shoes with a heel
Long pants

Do NOT Bring:

Optional:

Sports/fishing equipment
Musical Instruments
Labeled Camera
Card games and books
Sandals
Hat
Sunglasses
Outfit for the dance (casual/dressy, your choice)

Knives/firearms/lighters
Pets
Electronic Games
iPod/music players/TV
Cell phones

*All personal gear is brought at your own risk. Camp Kanata is not responsible for lost or broken items.

CAMP KANATA
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