

PARENT HANDBOOK

YMCA CAMP SANTA MARIA

JUNE - AUGUST 2023

WELCOME TO THE YMCA CAMP SANTA MARIA FAMILY!

We are thrilled that you have chosen YMCA Camp Santa Maria as your camper's destination for the 2023 Summer season. Whether this is your camper's first year at overnight camp or they are a longtime participant at Camp Santa Maria, we are eagerly anticipating their new and upcoming adventures. Camp is an opportunity to disconnect from the noise of the world and reconnect with themselves, others and nature in the Front Range.

Camp is needed now more than ever. We are proud to provide a safe and supportive environment that fosters connection and friendship through fun and engaging activities. We aim to create a culture where every camper belongs and feels like a part of our camp community. Camp is about escaping from the hustle and bustle of the every day world and having fun. We dedicate ourselves to helping campers learn new skills, make new friends and have an unforgettable summer experience.

We look forward to seeing you at camp this summer and creating a one-of-a-kind experience for your camper.

Happy trails,

Shelby Sever
Executive Director of Residential Camps



ABOUT YMCA CAMP SANTA MARIA

Mission

YMCA of Northern Colorado, our umbrella organization, is a powerful association of men, women and children joined together by a shared commitment to nurture the potential of youth, promote healthy living, and foster a sense of social responsibility.

YMCA Camp Santa Maria Vision

- Get outside
- Build character through YMCA core values
- Foster friendships, new and old
- Have fun

History

Camp Santa Maria began operating as an overnight camp in 1929 with a primary mission of granting access to the outdoors for underprivileged youth affected by the Great Depression. In continuation of that mission, the YMCA of Northern Colorado has offered a residential camp experience to young people since 2007. The YMCA of Northern Colorado has worked with the Mary M. Dower Benevolent Corporation, a nonprofit family foundation, to create a partnership to allow the YMCA to manage the Camp Santa Maria property year-round for many years to come. The YMCA and the Mary M. Dower Benevolent Corporation share the goal of providing camp and recreational opportunities for all youth. Our hope is that this partnership will provide the opportunity for campers to share their experiences and traditions with future generations.



CAMP IS OPEN FOR PLAY. COME JOIN US.

WHERE WE ARE

Camp Address

51321 US HWY 285
Grant, CO 80448

Camp P.O. BOX

(Send camp mail here)

P.O. Box 1369
Bailey, CO 80421

Lafayette YMCA Office

(Winter)

2800 Dagny Way
Lafayette, CO 80026

HOW TO CONTACT US

Email

adminscm@ymcanoco.org

Email us throughout the year. This is the best option for contacting us regarding registration questions, concerns and troubleshooting.

Camp Office Phone

303-838-7900

During camp season (June-August), this is the best way to contact us for emergencies between 9am-8pm. You can also contact us here to cancel or talk to management about your camper's experience.

Social Media

Instagram:

@ymcacampsantamaria

Facebook:

@YMCACampSantaMaria

Youtube:

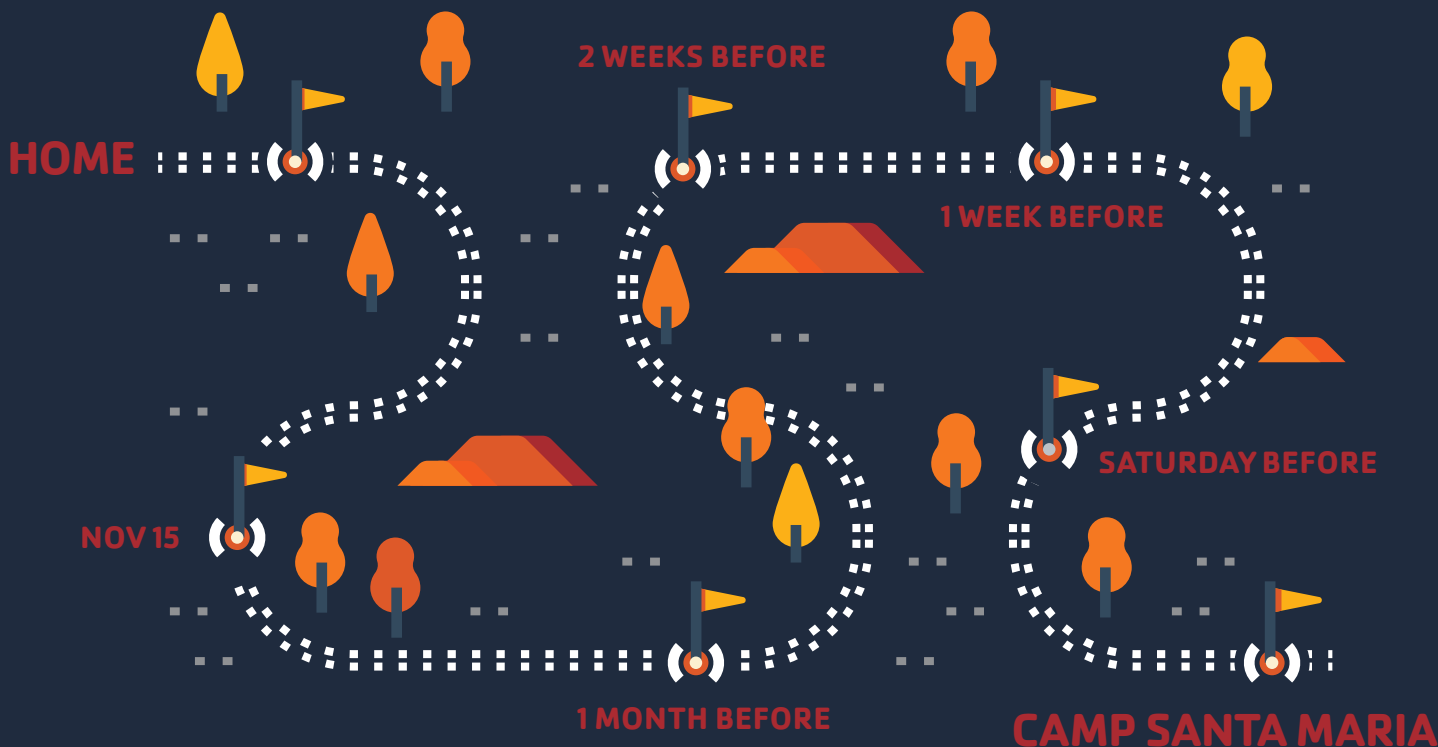
@YMCAofBoulderValley

CAMP UNPLUGGED

At camp, we relish in disconnecting from technology and reconnecting with ourselves, friends and nature. We ask that campers do not bring cell phones to camp, along with any other electronics such as GoPros, music players, etc.

REGISTER ONLINE AND DOWNLOAD CAMP FORMS AT:

ymcacampsantamaria.org



GETTING READY FOR CAMP

Please follow the road-map to Camp Santa Maria. It is imperative that all paperwork is completed and signed two weeks prior to your camper's session in order for campers to attend camp.

STARTING NOVEMBER 15

Registration

Select your program & dates and submit bunking requests. Follow us on Instagram and like us on Facebook.

1 MONTH BEFORE

Medical Paperwork Due

Colorado Department of Public Health & Environment-approved Immunizations Records, General Health Appraisal from last 12 months, Supplemental Health Form, Medication Release Request (if needed) all signed by Health Care Provider.

2 WEEKS BEFORE

Camp Specific Paperwork Due

Camp Santa Maria Waiver, Letter to Counselor, Individual Education Plan (optional). Parents should plan and send any letters or care packages they want to send, or consider bringing them to check in. See General FAQs to learn more about sending mail.

1 WEEK BEFORE

Time to Pack

Find the appropriate packing list for your type of camp and get packing!

SATURDAY BEFORE

Ready to Go

Double check your luggage, get a good night's sleep, and prep to drive to Lafayette to hop on the bus to camp!

DAY OF CAMP

Welcome to Camp!

We are so happy to have you.



CAMPER HEALTH & WELLNESS

HEALTH FORMS

Camper health forms should be submitted a month prior to your camper's arrival in order to meet Colorado's state licensing regulations. Campers cannot attend without meeting these requirements for their safety.

REQUIRED HEALTH FORMS

1. General Health Appraisal from physician, physician's assistant, or a nurse practitioner from the last 12 months.
2. Supplemental Health Form signed by health care provider indicating consent for non-routine over the counter medications. Parent will be contacted prior to administration.
3. Immunization Records signed by a health care provider (must be up to date) on an approved Colorado Department of Public Health & Environment form, including for exemptions. Exemptions must be completed in full annually and signed by a health care provider.

ADDITIONAL HEALTH FORMS

1. Medical Release Form (required for any routine prescription, over-the-counter medications or supplements) signed by health care provider in the last 12 months. One form per medication, completed in full with medication name, dosage, route, time, and frequency.
2. Emergency Anaphylaxis and Asthma Plan (required for campers with allergies and/or asthma).

WELLNESS AT CAMP

Our health officer and on-site nurse live on site 24/7 to ensure campers are healthy and ready to participate. We use guidelines from the Colorado Department of Public Health & Environment, including "How Sick is Too Sick," to determine if campers can continue camp if they become ill.

Upon illness or injury, you will be contacted immediately and your camper may need to be picked up if we do not have the resources to care for them and/or it is beyond our scope of care.

Please plan accordingly and have emergency contacts in the area in case of this.



MEDICATIONS AT CAMP

Medication regulations are established by the state, and we ask that you read through this page carefully in order for your camper to be able to take medications they may need during their time at camp.

MEDICATIONS INCLUDE PRESCRIPTION MEDICATIONS, OVER-THE-COUNTER MEDICATIONS AND SUPPLEMENTS.

STORAGE

- Medications, including over-the-counter medications, nasal sprays and topical medicated lotions and ointments must be given directly to the health care officer at check-in.
- Medication is stored in a locked cabinet in the Health Center. Many medications that are harmless to your child may cause allergic reactions or damage to other children.
- At no time should a child have their own medication in their possession or administer it to themselves. Exceptions are made in the case of asthma or anaphylaxis; in that case, the camper may carry an authorized inhaler or epinephrine injector, provided a back-up is kept in the Health Center.

PLEASE DOUBLE CHECK THAT MEDICATIONS ARE NOT EXPIRED, IN THEIR ORIGINAL CONTAINER, AND LABELED WITH YOUR CAMPER'S FULL NAME.

BACKCOUNTRY MEDICATIONS

For campers in the backcountry with routine and as needed medications, a staff member with a Medication Delegation certificate signed off by the camp nurse will distribute medications that are stored in a locked container that will remain in the possession of staff at all times.

EMERGENCY MEDICAL SERVICES

YMCA Camp Santa Maria is served by the local ambulance and fire personnel from the Bailey area. The nearest medical facility is Conifer Medical Center, and the nearest Level 1 Trauma Center is St. Anthony Hospital. The YMCA of Northern Colorado carries limited, secondary accident insurance coverage. Your family's policy is your child's primary insurance coverage during their stay at camp.

In the event that we must render emergency medical assistance to your child, your name will be listed as the responsible party. We will make every attempt to contact you and the emergency contacts on your child's health form prior to obtaining medical treatment from a medical center. If the need arises, it is important that someone be able to pick your child up and take them home.





CHECK-IN & CHECK-OUT

CHECK-IN: SUNDAY

Check in will be at the Lafayette YMCA for all campers. Campers will then be bused up to camp with Go-Go Charters. Check-in times are between 11am and 1:30pm. Please allow at least 30 minutes for check-in. In case of inclement weather, most check-ins will be indoors. If you are unable to make the bus drop off or need to drop your child off at camp directly, please contact the Executive Director at least one month in advance. No campers will be permitted to check in prior to 11am. Please follow the staggered drop off time below; in case of multiple campers, please come at the earlier time.

AGES 7-9: 11-11:45am*

AGES 10-12: 11:45am-12:30pm

AGES 12 AND UP: 12:30-1:30pm

An adult over 18 must sign in your camper. Paperwork must be completed at least 2 weeks in advance. You cannot bring paper forms upon arrival. Please check in all medications and supplements that your camper cannot self-administer (with the exception of self-carrying lifesaving medication) with the camp nurse.

*Explorers campers (ages 6-8) will check in between 11-11:45am on July 5.

CHECK-OUT: FRIDAY

Check out times are the same for all programs: buses leave camp at 2:30pm and will arrive at the Lafayette YMCA around 4:30pm, pending traffic. Please be available to pick up your child from the Lafayette YMCA by 4:30pm, but no later than 5:30pm. In case of late pick ups, late fees will be applied based on the length of time as we cannot provide childcare after this time. Please call or email ahead for early pick ups or pick ups that need to be done at camp.

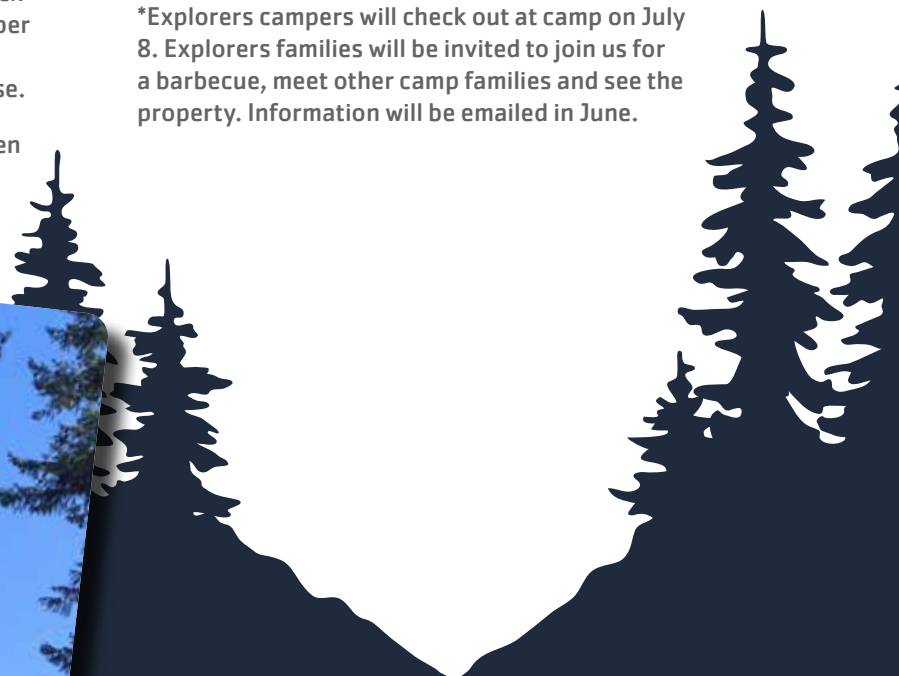
AGES 10 AND UNDER: 4-4:45pm*

AGES 11 TO 14: 4:45-5:30pm

AGES 14 AND UP: 5:30-6pm

Only an authorized adult may pick up your camper. Please bring a photo ID. Collect medications upon departure from the on-site camp nurse. Don't forget to check the lost and found!

*Explorers campers will check out at camp on July 8. Explorers families will be invited to join us for a barbecue, meet other camp families and see the property. Information will be emailed in June.





ABOUT THE CAMP SANTA MARIA EXPERIENCE

WHAT TO BRING

EXPLORERS & TRADITIONAL CAMP PACKING LIST

CLOTHING

- Underwear + socks for each day
- 2x pants, comfy for hiking
- 2x shorts, comfy to move around in
- Warm sweater or pullover
- 5 shirts (1 non-cotton)*
- 2x warm pajamas
- 1-2x bathing suits
- Sneakers
- "Camp shoes" (we encourage close-toed shoes, but campers may bring open-toed shoes with a back; no flip flops please)
- Shower shoes (flip flops or slides are okay)
- Hiking shoes if desired (should be broken in; campers can also bring sturdy sneakers for hiking)
- Hat with a brim and a warm hat for evenings

TOILETRIES

- Bag or carrying case
- Soap, shampoo, conditioner
- Brush or comb
- Washcloth and 2x towels, one for shower and one for pool
- Toothbrush and toothpaste
- Deodorant if desired, not heavily scented preferred
- Sunscreen and insect repellent (no aerosol please)
- Menstrual products if needed
- Lip balm, moisturizer

*Because Explorers are only at camp 3 days, they will likely not need as much clothing. However, we ask you to provide enough clothing for each day as well as back-ups.

GEAR AND BEDDING

- Sunglasses
- 2x plastic or metal 1 liter water bottles
- Backpack/daypack
- Flashlight or headlamp with extra batteries
- Sleeping bag and a warm blanket
- Pillow, twin sized sheet, 1 small blanket
- If desired, letter writing materials and stamps
- If desired, disposable camera

PLEASE DO NOT BRING

- Knives
- Weapons
- Fireworks
- Lighters or matches
- Drugs
- Alcohol
- Tobacco
- Electronics
- Money
- Expensive or valuable items



GENERAL CAMP FAQ'S

Can I send my camper with nut products?

Camp Santa Maria is a strictly nut-free facility, meaning no peanut or tree nut products are served or permitted on site. Please do not send your camper with or mail your camper anything containing nuts.

Where will my camper be sleeping?

Traditional campers will call one of ten rustic same-gender cabins home for the duration of their session. These cabins have wooden bunk beds nestled in an accessible, slightly forested area of camp.

Outdoor Adventure or Expedition campers will reside in Tent Town; a sleeping unit with four yurts and four large platform tents. Each of these sleeping arrangements have bunk beds and will have staff residing in them.

What activities will my camper be doing?

Our various traditional camps allow campers to experience all of the quintessential activities of Camp Santa Maria through different lenses of exploration, whether that be Outdoor Discovery, Naturalist & Astronomer Pathfinders, and so on. All campers will have an opportunity to participate in archery, swimming in the pool, tie-dyeing, hiking and Leave No Trace, arts and crafts, gaga ball, top rope outdoor climbing (age dependent), mountain biking (age dependent), and waterfront (canoeing, stand up paddle boarding, and kayaking, depending on age). Campers will also participate in our special camp traditions such as opening and closing campfire, all-camp evening activities, bead ceremony, s'more making, and Breakfast of Champions — a challenge-by-choice statue hike followed by a swim before a special breakfast on Fridays. Our OAC, TEC and other camps will participate in a wide variety of specialized camp activities.

When will the camp store be open?

The Camp Store has got something for everyone, from our signature hoodies to camp stickers to "Gummy" stuffed animals, the legendary toothless alligator that lives in our lake! Camp Store funds can be placed online through Active Network, our registration portal. Each camper will have an opportunity to visit the Camp Store once during the week with their cabin.

Can I talk to my camper when they are at camp?

In general, we do not allow campers to call home. We enforce this policy because we have found that calling home most often has a negative effect on the camper and prolongs homesickness. If a camper is very upset, you will hear from us ASAP and we will discuss any future actions together.

What kind of food will my camper eat?

Your camper will eat three balanced meals a day family-style, with dietary options available. Snacks will be provided throughout the day.

Can I mail my camper letters or a care package?

Care packages and letters are welcome. In order for campers to get the most from the camp experience, we ask that letters stay positive and avoid topics that cause campers stress.

Mailing a letter or package a week or two before the start of your camper's session is ideal. However, the only way to ensure delivery during a session is to drop off mail during check in with a note specifying which days you want the letters delivered.

We kindly ask that you do not send snacks to your campers while they are at camp; food cannot be kept in cabins due to wildlife concerns. We reserve the right to confiscate items from mail that violate the safety of other campers or staff.

Please know that you do not need to send your camper letters or packages. We can promise that campers' attention is rarely focused on mail.

What kind of wildlife lives around camp?

There is a range of wildlife that may be encountered around the 1,000+ acres camp. They range from small critters such as ticks and ants to small creatures like marmots and rabbits to "furry friends" such as black bears, bobcats, mountain lions and deer. Larger creatures do not tend to roam into basecamp, and our staff are trained to mitigate wildlife hazards.

Does my camper need to bring their own climbing shoes?

If your camper has broken in climbing shoes that fit well and they like, they are welcome to bring them. However, Camp Santa Maria supplies climbing shoes in an array of sizes, in addition to top of the line helmets and harnesses.

Can my camper bring their own mountain bike?

Camp Santa Maria offers mountain biking as indicated in many programs. Though we supply mountain bikes, campers may bring their own so long as they are in good condition, are properly maintained, and are fit to your camper's height.

Mountain bikes must be inspected and approved by our Bike Specialist upon arrival in order for kiddos to use them.

What are your packs like?

We supply a variety of overnight packs varying from 40-70 liters, depending on your camper's height. They are adjustable and will be fit by trained staff to your camper's specifications.

What helmets do you use?

Camp Santa Maria follows the US CPSC standards of helmet requirements for specific activities. For mountain biking, helmets are ASTM F1952 and for rock climbing and wet exits in kayaks, they are either EN 12492 or Snell N-94. These are supplied and individually fit to campers.

WHAT TO BRING

OUTDOOR ADVENTURE CAMP PACKING LIST

CLOTHING

- Underwear for each day
- Socks (preferably not cotton, bring wool or synthetic socks)
- 2x pants, comfy for hiking
- 2x shorts, long and comfy enough to move around in
- Warm sweater (not cotton)
- 4-5x non-cotton t-shirts and/or long sleeve shirts
- 1x bathing suit
- Hiking shoes (should be broken in, not new)
- "Camp shoes" (we encourage close-toed shoes but campers may bring open-toed shoes with a back; no flip flops please)
- Rain jacket and rain pants
- Hat with a brim and a warm hat for evenings

TOILETRIES

- Bag or carrying case
- Soap, shampoo, conditioner
- Brush or comb
- Washcloth and towel
- Toothbrush and toothpaste
- Deodorant if desired, not heavily scented preferred
- Sunscreen and insect repellent (no aerosol please)
- Menstrual products if needed
- Lip balm, with SPF preferred

GEAR AND BEDDING

- Sunglasses
- 2x plastic or metal 1 liter water bottles
- Backpack/daypack
- Flashlight or headlamp with extra batteries
- 3 season sleeping bag with stuff sack
- Small pillow
- If desired, letter writing materials and stamps

PLEASE DO NOT BRING

- Heavily scented products
- Knives
- Weapons
- Fireworks
- Lighters or matches
- Drugs
- Alcohol
- Tobacco
- Electronics
- Money
- Expensive or valuable items

WE PROVIDE

- Quality, reliable backpacking packs
- Camp stoves
- Personal Flotation Devices
- Cooking-ware
- Ground pads
- Climbing gear
- Snacks



WHAT TO BRING

TEEN EXPEDITIONS CAMP (TEC) PACKING LIST

CLOTHING

- Underwear for each day
- Socks (preferably not cotton, bring wool or synthetic socks)
- 3x pants, comfy for moving around in
- 3x shorts, long and comfy enough to move around in
- 2x warm sweaters (at least 1 not cotton)
- 4-5x non-cotton t-shirts and/or long sleeve shirts
- 2x warm base layers for sleeping
- 1x bathing suit
- Hiking shoes (should be broken in, not new)
- "Camp shoes" (we encourage close-toed shoes but campers may bring open-toed shoes with a back; no flip flops please)
- Climbing shoes for Rock Climbing Expedition Camp, if desired (these are provided)
- Rain jacket and rain pants
- Hat with a brim and a warm hat for evenings
- Buff or bandana if desired for sun protection
- Gloves, if desired for cool evenings

TOILETRIES

- Bag or carrying case
- Soap, shampoo, conditioner
- Brush or comb
- Washcloth and towel
- Toothbrush and toothpaste
- Deodorant if desired, not heavily scented preferred
- Sunscreen and insect repellent (no aerosol please)
- Menstrual products if needed
- Lip balm, with SPF preferred

GEAR AND BEDDING

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- 2x plastic or metal 1 liter water bottles
- Backpack/daypack
- Flashlight or headlamp with extra batteries
- 3 season sleeping bag with stuff sack
- Small pillow
- If desired, letter writing materials and stamps

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- Snacks



CAMP SANTA MARIA PHILOSOPHIES

CHALLENGE BY CHOICE

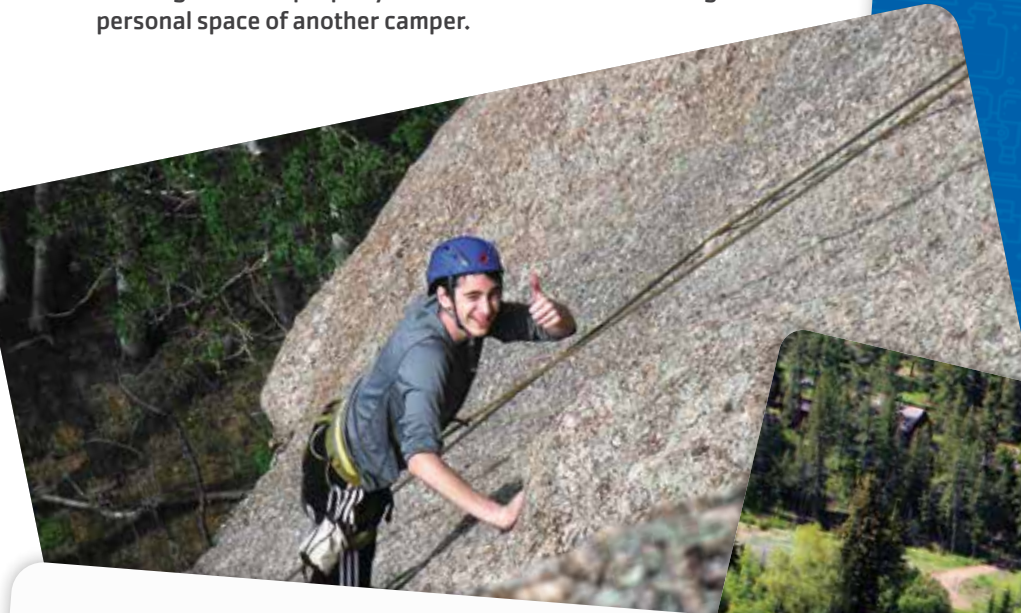
Campers are invited to participate voluntarily in each of the various activities and challenges at camp. A camper may choose to sit out of an activity or participate in an alternative way. This choice is respected by other campers and camp staff.

CONSENT EDUCATION

At camp, everyone respects others' personal space, and campers are taught how to properly ask for consent when entering personal space of another camper.

SAFETY, FUN, LEARNING

At Camp Santa Maria, we prioritize safety, fun and learning in that order. CSM is accredited by American Camp Association and is inspected annually by the Colorado Department of Public Health & Environment to ensure that we meet the rigorous state licensing regulations for children's residential camps.



BE A CHAMP FOR CAMP

Each summer, thousands of children attend YMCA of Northern Colorado day camps and YMCA Camp Santa Maria. For hundreds of campers, their summer experiences are only made possible because of donor-funded financial assistance. Camp gives them connection, activity, mentors, confidence, resilience and safe spaces while their parents work. It helps them prevent summer learning loss and gives them opportunities to have fun. Camp allows them to be kids.

Colorado is a state that boasts endless outdoor adventures. However, access to outdoor education and engagement with the natural world is often determined by economic status. At the Y, we believe all children deserve sunshine, alpine air, and time to create a relationship with the land and mountains they recreate on. We believe outdoor recreation should be a right — not a privilege — and we are looking for champions to help us ensure all kids experience a summer at camp.

BE A CHAMP FOR CAMP. YOUR GIFT WILL CHANGE LIVES.

If you would like to contribute to support other youth who are less economically capable of participating in our programs, please visit champforcamp.org.





YMCA MEMBERSHIP OPPORTUNITIES

A YMCA membership is one of the best investments that you could possibly make for an individual or a family's well-being and fun. You will find programs for the whole family to participate in, making your experience with the YMCA inviting and satisfying. For more information, visit our website at ymcanoco.org.

COME JOIN THE YMCA FAMILY!

The YMCA of Northern Colorado has fitness facilities in Boulder, Lafayette, Longmont, Johnstown and Cheyenne, WY. We also have programs throughout Boulder, Weld and Larimer counties.

