

Camp Northern Lights YMCA of Greater Twin Cities

Administrative Office
651 Nicollet Mall, Suite 500
Minneapolis, MN 55402
Phone: 612-465-0550

Camp Office
9089 Highway 21 N
Babbitt, MN 55706
Phone: 913-575-7022
info@campnorthernlights.org

campnorthernlights.org



Keep close to Nature's heart... and break clear away, once in a while, and climb a mountain or spend a week in the woods. Wash your spirit clean.
- John Muir

Camp Northern Lights Mission Statement

The mission of Camp Northern Lights is to strengthen families by providing opportunities for individual and family growth, supporting spiritual development and enhancing environmental awareness in a wilderness setting.

Table of Contents

Camp Northern Lights Philosophy	4
What to Bring	5-6
Planning for the Week	6-7
A Summer Week at Northern Lights.	7-9
Camp Store	9-10
COVE (Center for Outdoor Ventures and Exploration)	10-11
Activity Highlights for Summer 2019	12-14
2019 Northern Lights Staff	15
Camp Policies and Procedures	15-22
Cabins/Camp Sites	22-23
Fall, Winter, Spring Information	24

CAMP NORTHERN LIGHTS PHILOSOPHY

The beautiful north woods location of YMCA Camp Northern Lights beckons families to explore and enjoy the outdoors. The beauty of the setting, with the vast sky at night and the towering pines on the shores of Bear Island Lake, provides an atmosphere ideal for a connection to family and nature, as well as personal reflection and spiritual growth.

We seek to:

1. Enrich family life and inter-family relationships.
2. Develop new insights and understanding between family members.
3. Cultivate awareness of the natural world and strengthen appreciation for the wilderness.
4. Encourage spiritual growth and experience in a wilderness setting.

YMCA Camp Northern Lights seeks to promote an atmosphere where all persons feel welcome, included, and respected. At Northern Lights, we pride ourselves in appreciating the value of diverse populations and welcome all! Our programs are designed to enhance the relationships of any and all those that you consider a part of your family.

The YMCA annually raises funds to help make camp more affordable for all. Our Personal Pricing Plan is supported in part by contributions from our Annual Giving Program and provides scholarships and subsidies for qualifying applicants within our available resources. Please let us know if we may serve you or your family in this way. If the Personal Pricing Plan could help a family visit Camp Northern Lights, please have them request an application by calling our customer service center at 612-465-0550 or download a form from our website at:
http://www.ymcatwincities.org/_asset/tw86yy/dn_Personal-Pricing-Plan-Scholarship.pdf

WHAT TO BRING

Careful planning will make your stay at camp more enjoyable. We suggest the following:

Food. At this time, Camp Northern Lights does not offer a meal plan. However, we will supplement your meal planning with the presence of a couple local food trucks on-site 2 – 3 days per week and an all camp picnic toward the end of your session.

We anticipate completion of a dining hall in 2021. Until then, pack a sufficient amount of food for your stay at camp. All cabins are equipped with a full kitchen and cooking utensils, pots, pans, a microwave, toaster, coffee pot, and dishes. Bungalows include a refrigerator and microwave with a picnic table and charcoal grill outside. Tent sites include electrical hook ups and a fire ring with food caches, a refrigerator, and a freezer in each tent area. Dishes and cookware are provided.

Additionally:

- Bread, milk and snacks are available for purchase at the Sisu Shop and Anna Marie's Snack Shack.
- A food truck is onsite 2 -3 times per week.
- Camp Northern Lights provides one meal during each session at an all-camper picnic.
- The nearby towns of Ely and Babbitt have grocery stores and several restaurants.

Towels. Bring hand, bath, beach, and dish towels. Camp Northern Lights does not provide towels.

Clothing. Be sure to include rain gear and hiking boots or sturdy shoes for all family members. Bring shorts, hats and beachwear for sunny days, and jeans, warm jackets and sweaters for inclement weather. There are no public laundry facilities at camp. Having sufficient clothing for varying weather conditions can be the difference in your comfort at camp!

Miscellaneous. Other items you may want to consider include personal gear and toiletries, hand soap, shampoo, camera, electric fan, flashlight, battery-operated lantern, sunscreen, bug spray, binoculars, compass, pocket knife, lawn chairs, musical instruments, fishing gear, Minnesota Fishing License (if 16 years of age and older), water bottles, bug net (if camping), games, puzzles or other activities that your family enjoys. These are just a few ideas!

For Sharing. Auction items, musical instruments, favorite stories, and any special talents.

Green Tip: Please do your best to bring items that are re-usable and eco-friendly. Ideas include refillable water bottles, cloth napkins and rags, food with minimal packaging and bio-degradable soaps/shampoos.

PLANNING FOR THE WEEK

Communication at Camp

Mail may be addressed to you at:

Your Name (and Cabin/Tentsite)
YMCA Camp Northern Lights
9089 Highway 21 N
Babbitt, MN 55706

Phone

If you need to supply a phone number for folks staying back home, the Camp Northern Lights office does have a phone. Should an emergency arise at home, the caller should contact the Camp Northern Lights Office at 913-575-7022.

Cell Phones & Laptop Use

It is our intention to create a place where families can unplug and be removed from the technology elements of our daily lives, allowing for a simple, peaceful and quiet family vacation in the woods. A huge part of what makes Camp Northern Lights such a special place for families is the absence of these things. Out of respect for others, please keep your screens in your cabins. Thank you!

Wifi is available at Sisu Lodge if needed.

Find Camp Northern Lights on Facebook and Instagram

Want to stay in touch with Camp Northern Lights throughout the year? Find us on Facebook by searching for YMCA Camp Northern Lights in your Facebook search bar. You can see and share photos and videos from your week at camp, stay connected with the people you meet, and get the latest information on what's happening during all four seasons at the best place in the world! Also, take a peek before and after you come to camp to chat with other families and learn about upcoming events.

You can also follow us on Instagram @ymca_camp_northern_lights.

Camp Office (Sisu Lodge)

Information and key staff may be located here. Here you can also find:

- Automatic Defibrillator (AED unit)
- First Aid Kit
- Oxygen Tank
- Access to the camp radio and phones – for emergencies

Camp Office (Beach Store)

Information and key staff may be located here. Here you can also find:

- Automatic Defibrillator (AED unit)
- First Aid Kit
- Oxygen Tank
- Access to the camp radio and phones – for emergencies

*See hour of operation on entrance doors

A SUMMER SESSION AT NORTHERN LIGHTS

The following is a general outline of activities. A specific schedule with times and locations will be at your cabin or campsite when you arrive and are posted in public areas.

Arrival

Campers may arrive any time between 3:00 – 5:00pm on the first day of camp. Please do not arrive early, as our staff needs time to get the facility ready for the next session of campers. You will be greeted near the camp entrance. If your family arrives after 5 p.m., you may go directly to your cabin; a map of camp can be found on the check-in table located at the camp entrance. Information on how to locate staff at other times and other important information for the week will be available at your cabin or campsite.

Sunday to Sunday Sample Schedule (7 day)

Sunday

3:00-5:00 p.m. Campers arrive and move into cabins
6:30-7:30 p.m. Opening celebration and orientation
8:00 p.m. S'mores social at each village

Monday - Friday

7:30-8:00 a.m. Big and Little Dippers
9:00-9:30 a.m. Northern Nature (nature education)
9:30-12:00 p.m. Children and adult age groups (age groups and afternoon activities will flip flop one day per week)
2:00-5:00 p.m. Family afternoon activities
7:00 p.m. Evening activities

Saturday

Free day! Spend your day doing the things you didn't get to during the week! Evening entertainment/program will be featured each session.

Sunday

Departure day – please plan to be on your way by 10:00am.

Sunday to Wednesday Sample Schedule (3 day)

Sunday

3:00-5:00 p.m. Campers arrive and move into cabins
6:30-7:30 p.m. Opening celebration and orientation

Monday – Tuesday

7:30-8:00 a.m. Big and Little Dippers
9:00-9:30 a.m. Northern Nature (nature education)
9:30-12:00 p.m. Children and adult age groups (age groups and afternoon activities will flip flop one day per week)
2:00-5:00 p.m. Family afternoon activities
7:00 p.m. Evening activities

Wednesday

7:30-8:00 a.m. Big and Little Dippers
9:00 – 10:00am Departure (please plan to be on your way by 10:00am)

Wednesday to Sunday Sample Schedule (4 day)

Wednesday

3:00-5:00 p.m.	Campers arrive and move into cabins
6:30-7:30 p.m.	Opening celebration and orientation
8:00 p.m.	S'mores social at each village

Thursday - Saturday

7:30-8:00 a.m.	Big and Little Dippers
9:00-9:30 a.m.	Northern Nature (nature education)
9:30-12:00 p.m.	Children and adult age groups (age groups and afternoon activities will flip flop one day per week)
2:00-5:00 p.m.	Family afternoon activities
7:00 p.m.	Evening activities

Sunday

Departure day – please plan to be on your way by 10:00am.

Departure

We kindly ask that all families depart camp property no later than 10:00am on the last day of their session. Because of limited staff time between check-out and check-in for the next week's families, all families are expected to clean their cabin or site before leaving camp. A cleaning checklist will be provided in your cabin.

On your way out, coffee and juice will be available free of charge for all campers 9-10 a.m.

An online evaluation of the week will be emailed to you after your stay. Please take the time to offer feedback. It is essential in helping us improve each year!

Camp Store

Camp Northern Lights has two camp store locations. The Sisu Shop is located in Sisu Lodge, and Anna Marie's Snack Shack is located in Buena Vista Village. Store hours will be listed in the schedule you receive at your cabin or tent site.

Sample Items Available

- Espresso drinks, hot chocolate, local root beer
- Ice cream
- Camp Northern Lights items: T-shirts, jackets, sweatshirts, stuffed animals, hats, postcards, stickers, coffee mugs, travel mugs, water bottles and more!
- Milk, eggs, butter and bread
- Snacks
- Postage stamps
- Insect repellent & sunscreen

A small library is located in Sisu Lodge. Resource books, fiction and non-fiction books, and a special children's book area can be found here. Puzzles and family games can also be checked out here.

To make things easy for your family, you will be sent a link to open a store account prior to your arrival at camp – this form can be found on our website. This means you do not need to walk around with cash or credit card during your stay.

Please note that we do not require you to check-out at the end of the week - this is only if you would like a detailed list of what was purchased. At the end of your session, your camp store bill will be charged to your credit card. A receipt of your store bill will be sent to you upon request.

The Center for Outdoor Ventures and Exploration (COVE)

The COVE provides fun activities to draw attention to the natural beauty around us at Northern Lights. So get ready for an adventure! Matchless fire starting, scavenger hunts, orienteering, cooking and tasting delicious trail food, hikes, paddles, and more!

The COVE is located in the pole barn across from the Family Art Barn. Hours will be posted. The COVE provides a variety of activities, classes, and games throughout the week. The staff will offer help and guidance in planning your own family hike, paddle or cookout. Maps of the immediate area, camping gear, canoe pads and other equipment are available. The COVE staff will teach you proper use of Northern Lights equipment if you missed the equipment demonstration.

Fishing on Bear Island Lake

With more than 20 islands and over 20 miles of shoreline, Bear Island Lake has plenty of opportunities for a fishing experience. Best known for its Walleye and crappies it also contains Northern Pike, Large- and Small-Mouth Bass and pan-fish.

Boats, pontoons and fishing guides are available to rent for an added fee. You can sign up for all these when you arrive at camp.

Fishing Boat Rental

\$70 per day/ \$45 for half day

Pontoon Rental

\$150 per day/ \$90 for half day

Pontoon lunch with a staff

\$10 per person ages 4+ (younger are free)

2-hour guided fishing tour

\$100 for up to 4 people

Fish Locator/Depth Finder

\$85 per week

Cookouts and Overnights

Explore Bear Island Lake on a cookout or overnight! Bring a staff member with you or venture out on your own. All equipment, with the exception of sleeping bags and personal gear (i.e., rain gear, toiletries, etc.), is available in the COVE. Our staff will help in planning your cookout or overnight and assist you in packing out your equipment and food for your special family get-away. Groups are limited to nine members, including one staff if you choose to have one accompany your family. Participants are charged \$5/person for a cookout and \$8/person for an overnight.

The overnight and cookout registration form can be found on our website under the forms and publications section. This form must be filled out and received by mail (651 Nicollet Mall, Suite 500, Minneapolis, MN 55402), email (libby.carlson@ymcatwincities.org) or fax at our Customer Service Center (612-223-6322) at least one week prior to your arrival.

ACTIVITY HIGHLIGHTS FOR SUMMER 2019

Look for these programs at Northern Lights this summer! When you arrive at camp, you will find a Welcome Packet in your cabin or tent site that will include a schedule of events for the week. Please review it carefully, and let us know if you have any questions.

Morning Activities

Big and Little Dippers is held Monday-Friday mornings at 7:30 a.m. Big and Little Dippers swimmers take the early morning plunge into icy Bear Island Lake in order to officially end camp's quiet hours. Dippers who go all five days will get a certificate at Closing Celebration and the right to buy a coveted Big or Little Dipper T-Shirt.

Northern Nature is a great opportunity for kids to learn about and enjoy our natural world, in particular the amazing north woods. Campers are asked to come to Northern Nature at 9:00am to learn about nature and our environment. There are two separate Northern Nature activities, those for '7 years of age and younger' and '8 years of age and older.'

Age-Groups are held from 9:30-noon or 2:00 – 4:30 depending on the day. Children are divided by age into groups, and the wonderful Northern Lights staff lead them in recreational and educational activities – crafts, hikes, outdoor skills, games, etc. There are age-groups for all ages- infants through adults!

Camper Supervision Ratios during age groups:

5 and under	1 staff/5 campers
6-8 years	1 staff/6 campers
9-14 years	1 staff/8 campers
15-18 years	1 staff/10 campers

Nursery

For our youngest campers, the Nursery is located in Sisu Village near the Lodge. We keep our ratios smaller than then required standards. Activities include circle games, story time, nature exploration, and flexibility for nap and snack time. Please attend the orientation on the first full day of camp if you have a child who will be spending time in the Nursery.

*Nursery Hours

9:15am – 11:45am or 1:45 – 4:15pm

Announcements. At the end of age groups each day, all campers (children and adults) gather at Bear Island Stage for announcements. This is a way for our staff to let campers know of any program changes or highlights for the rest of the day. This is the best way to keep in touch with all that is going on throughout camp. Don't miss out!

Afternoon Activities

The Family Art Barn (FAB) is the center of art activities in camp. The FAB is located in Buena Vista Village. Campers under 12 must be accompanied by an adult.

Specific art classes are offered at the FAB between 2:00 and 4:30 p.m., Monday-Thursday and require sign-up. All those who have signed up for a class are asked to come on time and plan on staying for the entire two hours, as these classes are more technical in nature and require the entire period.

*There may be an additional fee for some arts projects.

The FAB will also host an "Open Studio" every day. Families can drop in at any time during open studio for a wide variety of art projects to work on as a family.

All-Camp Picnic takes place once per session. All campers are invited to the picnic lunch!

Counselor Hunt and Water Games Kids will search for counselors hiding in the woods around camp and have the chance to throw them in the lake. All-camp water games in the swimming area will follow. Children under 12 must be supervised by an adult.

Evening Activities

Activities tentatively scheduled for this summer include:

S'mores Social and Sing-Along takes place on Sunday night in each village. This is a chance to sing camp songs, get to know other families, and make delicious s'mores around the campfire.

Naturalist Presentations will be held on various Saturdays and is one of many opportunities for your family to learn about the beautiful north woods, topics vary each summer.

Night Hike is a chance for your family to explore the woods in the dark with staff. Counselors will lead the group in nighttime activities on nearby trails. Children under 12 must be accompanied by an adult.

Camp Auction. Join the program staff on auction nights held to help support YMCA Camp Northern Lights and special camp projects. Please consider bringing an item to be auctioned. Families can bring their auction items to the Sisu Shop or Anna Marie's Snack Shack early in the week. Staff perform hilarious skits, get goofy, and have a ton of fun. Spirited bidding and friendly competition makes the live auction an exciting experience. Popular items include craft projects, food items, services (such as a home-cooked dinner at another family's cabin), chocolate, baked goods and handmade/homemade items. The auction is a great opportunity to teach your children about philanthropy, with an understanding that the money being spent is a donation to Camp Northern Lights.

Saunas. The Camp Northern Lights electric sauna will be available multiple times throughout your stay. Check your schedule for adult single-gender, co-ed adult, teen and kids' saunas. Sign-ups are required for adult saunas. Soap is not allowed in the sauna or Bear Island Lake.

There is no glass allowed in the sauna. Please review sauna rules each time you enter.

Closing Celebration is the perfect ending to your time at camp. Closing includes skits from each of the age groups, songs, and special recognition of campers that have braved Big and Little Dippers and other camp challenges.

2019 NORTHERN LIGHTS STAFF

Year-Round Staff

Niki Geisler –Executive Director

Daniel O'Brien – Program Director

James Schwartz – Resident Property Manager

Nancy Schwartz – Camp Host

Elijah Olson – Maintenance Assistant

Samuel Kawaja – Maintenance Assistant

Anastasia Anderson – Administrative Coordinator

CAMP POLICIES

Our North Woods Environment

Camp Northern Lights summer programs often take our beautiful north woods environment into account. We aim to create a greater appreciation for, and understanding of, the outdoors. Program activities are continually being developed with emphasis on increasing campers' awareness of the north woods environment and on family participation in activities that promote a connection with wilderness.

Firewood

Although surrounded by woodland, our supply of wood is not unlimited. Our wood supply, for your use at no charge, is dependent upon volunteer efforts and donated woodcutting equipment. We ask that you use firewood conservatively for campfires and in the fireplaces.

Recycling, Trash and Compost

All trash and recycling should be delivered to the appropriate area before 4 p.m. each day. In keeping with our philosophy, Camp Northern Lights insists upon recycling glass, plastic, paper and metal. Recyclables must be separated from burnables and placed in the appropriate containers. Continuing this summer is the option to compost in your cabins. If you would like to participate, we will have all materials and information in your cabin/at your site.

Wildlife

Camp Northern Lights shares the North Woods with many creatures. Bears do visit camp from time to time, looking for unattended food. Please help us prevent visits from bears by making sure that any food and garbage is properly put away at all times. If you are staying in a tent site, you can store food in the nearby food cache, in the bear boxes provided, or in your vehicle. While black bears are not usually dangerous to humans, remember that they are unpredictable wild animals and to keep a safe distance.

Pets

Dogs are not allowed during the summer months Dogs are allowed in select cabins during the Fall, Winter, Spring season. The rate is \$25 per dog/per day. Please review our dog policy before bringing your furry friend.

Alcohol & Tobacco

The use of alcoholic beverages at camp is limited to the campers' immediate living area. The legal drinking age is 21 and must be adhered to at all times. Use of illegal drugs is prohibited. Tobacco use inside any structure or near camper cabins or sites is not allowed.

Lost and Found

Please keep track of all personal items brought to camp. If you lose an item, please connect with the Program Director. All unclaimed lost and found items will be donated to the Camp Northern Lights fall and spring garage sales. Camp Northern Lights is not responsible for personal items that are lost, left behind, or misused by other campers. Lost and Found items will be kept in The COVE.

Accessibility

If a family member has a disability requiring an accommodation or a special need you would like us to be aware of, please let us know as soon as possible. This information enables us to better meet the needs of your family within available resources. Please contact the YMCA Customer Service Center at 612-230-9622 for more information.

CAMP NORTHERN LIGHTS POLICIES

1. Every attempt is made to encourage preservation of this unique wilderness setting. All campers are expected to respect the trees, land, buildings, equipment, and each other. Individuals, families or groups registered will be held responsible for any damage to the grounds, property, buildings and/or equipment.
2. If you choose to bring any personal recreation equipment, please keep it in your cabin or site when not in use. Camp Northern Lights will not be responsible for any damages or misuse of personal equipment by other campers.
3. To respect possible allergy issues of other campers, domestic animals belonging to campers and/or volunteers are only permitted in select cabins.
4. Use of alcoholic beverages at camp is limited to campers' immediate living area. The legal drinking age limit is 21 years and is adhered to at all times. Please be safe and responsible!
5. Tobacco use inside any structure or on the grounds away from camper cabins or sites is not allowed. Nearby smoking area is available.
6. Use of illegal drugs is prohibited.
7. The YMCA of the Greater Twin Cities bans guns and weapons of any kind on the premises of Camp Northern Lights. All firearms are prohibited on camp property.
8. Campers should park cars in established parking lots during their stay at camp. We ask that personal vehicles are only driven through camp for loading and unloading during arrival and departure.
9. Camp Northern Lights requires all youth groups, with youth 18 years and younger, should have chaperone ratios as follows:

Age	# Adults	# campers
5 and under	1	5
6-8 years	1	6
9-14 years	1	8
15-18 years	1	10

That adult should be 21 years of age or older and at least five years older than the oldest participant in the group. Young adult groups, ages 19 and 20 years old, shall have one responsible adult chaperone to 15 campers. That adult should be 22 years of age or older and at least three years older than the oldest participant in the group. The responsible adult chaperone is the person signing the reservation agreement and is legally responsible for the group. Adult chaperones should have the health history, emergency contact information, and transportation permission for each participant. There should be two adults present, one with age-appropriate first aid, CPR, and AED certification and current lifeguard

- certification from a nationally recognized certifying body for waterfront activities.
10. For rental groups using the waterfront areas, we recommend at least two adults be present, one with lifeguard certification from a nationally recognized certifying body and an adult with experience and skill in paddling instruction.
11. Camper families or groups are responsible for their own emergency care and emergency transportation.
12. Camp Northern Lights advises group leaders to carry participant health information including name and address, emergency contact information, allergies or health conditions, and a signed permission to treat or religious waiver for any minors.
13. All campers should hike, ski, boat or canoe with a partner and communicate their route and estimated time of return to another responsible adult. All search and rescue effort expenses will be charged to the lost campers.
14. Day permits are required to enter the BWCAW for day hiking, skiing, or paddling. Permits may be obtained at the trailhead.
15. Any recreational activity carries with it normal levels of physical risk. Any injuries to campers while participating in activities at Camp Northern Lights are the responsibility of that camper or responsible adult. Camp Northern Lights does not carry accident insurance for campers.
16. All persons attending Camp Northern Lights must sign a YMCA waiver prior to or upon arrival. By submitting a waiver form, campers automatically grant permission to use photographs of individuals, families and/or groups in YMCA promotional materials.
17. ANY change(s) made to a summer reservation are subject to a \$50 service charge per change.
18. If a summer reservation is cancelled for ANY reason and not rescheduled, 50% of the total reservation fee is forfeited if the cabin or site is not reserved by another family not yet registered. The \$150 registration fee is not refundable. Cabins not in use because of registration cancellations may be used by the camp staff for other functions.
19. If a fall, winter, or spring reservation is cancelled more than 4 weeks in advance, \$50 is nonrefundable. Cancellations made within 30 days of the reservation are non-refundable.
20. If your cancellation is due to a camper's illness, medical reasons, or other uncontrollable circumstance, your camp fees will be refunded minus the deposit when cancellation is accompanied by a doctor or other official statement.
21. A \$20 service fee will be charged for all returned checks and credit card payment.

Emergency Procedures

First aid kits are located in the camp office in Sisu Lodge, the nursery, Anna Marie's Snack Shack, the COVE, and the Family Art Barn. An AED is also located in Sisu Lodge, Anna Marie's Snack Shack, and the Family Art Barn.

If there is an emergency (i.e., lost camper, fire, etc.), a siren will sound. Training and emergency procedures will be shared with you during orientation and will be posted in your cabin/site.

Weather emergencies often happen very suddenly, and it is the responsibility of all campers to make good decisions and to take appropriate cover when necessary. Inclement weather procedures will be covered at the All-Camp Orientation.

Procedures for Using Camp Equipment (DEMOS)

You can use Camp Northern Lights equipment only after you attend an Equipment Demonstration.

Equipment Demonstrations (DEMOS) will take place during camper orientation at Bear Island Stage. Attendance is required. If you would like to use our equipment, please attend the orientation. At the first day of age-groups for children, staff explain equipment guidelines and offer age-appropriate demonstrations.

Staff will explain in detail, program options and camp operational procedures at Opening Celebration and Orientation.

Waterfront

- Swimming is allowed only in designated beach areas.
- Inflatable beach toys and glass items are not allowed at any beach area.
- Fishing is not allowed at, or near any beach, or from any dock near swimming areas.
- Canoes, kayaks and rowboats are available for use after waterfront orientation and equipment demonstrations.
- Watercrafts are to be used only during daylight hours.
- All Northern Lights watercraft must be properly put away after each use.
- Lifejackets must be worn correctly at all times on a boat or paddleboard.

- Children 12 and under must be accompanied by an adult at ALL times.

Canoe Standards

- Always transport canoe from rack to water with two people.
- When entering a canoe, keep one foot in the water, and place other foot in center of canoe.
- Wet boot policy - the policy of only allowing keel of canoe to touch water - is intended for the safety of paddlers and preservation of the equipment.
- There should be no more than four people in a canoe.
- Duffer sits on floor between thwarts and yoke (not on thwart).
- Weather policy: no boating in rough water or when there is thunder or lightning.
- Always paddle on opposite sides to avoid swamping.
- Life jackets are required at all times. Must be appropriate size and buckled at all times.
- If you swamp, never leave the canoe. Lock your arms over the belly and don't worry about any of the gear.
- If you swamp, point the canoe toward shore, get in, and paddle if possible.

Kayak Standards and Procedures

Exploring Bear Island Lake by kayak is a wonderful alternative to more traditional canoes. Kayaks offer a means of exploring the waters surrounding Northern Lights unlike any other craft. Kayaks are stable, draw little water, and are easy to learn to paddle. They're great for families, where children can experience the independence and fun of piloting their own boats (though not alone, of course).

Managing Risk:

While the lower center of gravity given to a paddler by the kayak's seat position makes the boat more stable, kayaking has the additional risk of a paddler becoming trapped if the kayak capsizes. Also, being a solo boat, a kayak offers a greater temptation for paddlers to venture off alone. The following standards have been developed to manage these risks:

1. Kayakers must wear a securely-fastened, properly-sized PFD at all times.
2. Kayakers must be in the company of other paddlers (canoeists or kayakers) at all times--no paddling alone.
3. Campers who want to take a kayak on an outing must be at least 12 years old and demonstrate their ability to perform a "wet exit" with a

Northern Lights staff member to ensure that they can handle the possibility of capsizing.

Paddleboard Standards

1. Paddleboarders must wear securely-fastened, properly-sized PFD at all times.
2. Paddleboarders must stay within eyesight of the boathouse and Sisu Village, east of the peninsula.
3. Campers under the age of 12 must have an adult nearby on another paddleboard, canoe, or kayak.

Program Options

When you arrive in camp, you will be informed about the program possibilities for both family and individual participation. Other than our Equipment Demonstration and the Camp Orientation, participation is completely voluntary. It's your vacation, so don't over-program yourself!

Supervision Responsibility of Children

Staff takes full responsibility for children during our daily age-group activities. At all other times, parents/guardians assume responsibility for the supervision, care and safety of their children. Camp is an incredibly safe environment, and as a community, we all agree to keep an eye on the children at camp. However, we do ask that you have awareness of where your kids are during your stay.

Child Protection Policy

We would like to make you aware of our YMCA's child protection policy. The intent of this policy is to protect your family, our staff, and the YMCA. It states (in part) that staff members and volunteers may not have contact with children who are YMCA program participants in non-YMCA activities (such as babysitting or weekend trips) without the knowledge of the Executive Director and the written consent of the family.

Some children wish to communicate with their counselors or other camp staff after their camp experience or during the school year. We ask that families send this communication directly to our Executive Director at our Camping Offices in Minneapolis, who will ensure that the letter gets to the staff person. We do not allow our staff to give out personal addresses, phone numbers, email addresses, or social media information to children. Thank you for your understanding.

YMCA Member, Participant, and Guest Code of Conduct

We expect persons using YMCA programs and facilities to behave in a mature and responsible way, and to respect the rights and dignity of others. Our Code of Conduct does not permit language or any action that can hurt or frighten another person, or that falls below a generally accepted standard of conduct.

The following activities are prohibited in all YMCA facilities and programs

- Inappropriate attire. Appropriate attire must be worn at all times.
- Angry or vulgar language, including swearing, name-calling or shouting.
- Physical contact with another person in any angry or threatening way.
- Any demonstration of sexual activity or sexual contact with another person.
- Harassment or intimidation by words, gestures, body language or any menacing behavior.
- Theft or behavior that results in the destruction of property.
- Carrying or concealing any weapons or devices or objects that may be used as weapons.
- Using or possessing illegal chemicals on YMCA property, in YMCA vehicles, or at YMCA sponsored programs.
- Any other conduct of an inappropriate, threatening or offensive nature.
- Loitering is not permitted in or outside YMCA facilities or programs
- Smoking is not permitted in or outside YMCA facilities or programs, or on YMCA property or program sites. YMCA facilities and grounds are a smoke-free environment.
- Members, participants, and guests are encouraged to be responsible for their personal comfort and safety, and to ask any person whose behavior threatens their comfort to refrain. If a member, participant or guest feels uncomfortable in confronting the person directly, they should report the behavior to a YMCA staff person.

A member, participant, or guest who is in violation of the Code of Conduct could be subject to consequences including removal from a program and/or termination of membership or program privileges.

Cars at Camp

After unloading upon your arrival, we ask that cars be parked in the parking lots. For safety reasons, we do not allow cars to be driven through camp during the week. The only exception is that cars may be kept in the auto tent sites and near Back of Beyond Village (these cars must not be moved during the week). Parking lots are located behind the pole barn in Buena Vista Village and behind the lodge in Sisu Village.

Island Policy

Bear Island is a public island available for your exploration. We encourage you to enjoy the island via paddles, hikes, swimming, picnics, and overnights.

Please note the island located right off camp's shoreline is a private island. You may not access this island.

Quiet Hours

10:00 p.m. – 7:30 a.m.

For safety reasons, please wear shoes at all times!

On-Call Cell Phone: If you have an emergency and need to reach a staff member at camp immediately, please use our on-call cell phone number at 913-575-7022.

CABINS

Full-facility cabins are located in both Sisu Village and Buena Vista Village.

All cabins have electricity, bathrooms, and kitchens with running water, appliances, cooking and eating utensils.

Bungalows have a refrigerator and microwave and are located near a bath house with toilets and showers.

Camp Northern Lights provides all bedding in cabins and bungalows.

CAMP SITES

Tent and auto camp sites are located in Back of Beyond Village.

Outdoor biffies are situated nearby all camp site areas. Tent campers can shower at the bath house.

Each camping site has a picnic table and fire pit with a grate for cooking. Fires are only allowed in designated areas. It is possible that dry conditions

will create a fire hazard. If this occurs, camp stoves for tent campers are necessary. Please plan for the possibility of this condition by bringing a camp stove.

There are electric hookups at the camping sites. A centrally located water spigot is provided at each camping area. All water in camp is safe for drinking unless noted otherwise. Refrigerators and freezers for shared use by campers are located at each camping area. Please be sure to clearly mark your food items and containers. To prevent animals from disrupting your food supplies, food must be stored in your vehicle or the food storage shelter (in a mouse-proof container).

Please remember, care of sites and grounds is the responsibility of all campers. When you depart, please make sure the site is cleaned and ready for use by the next family. Leave it better than you found it!

Care of the Cabins, Tent Sites and Grounds

Care of the cabins and grounds is the responsibility of all campers. Every Northern Lights camper is asked to clean their cabin or tent site before leaving. Final cleanup should include cleaning the appliances, sweeping and/or vacuuming floors, recycling glass, aluminum, plastic and tin, disposing of non-recyclable trash and compost. Summer staff has limited time between sessions and will not be deep cleaning cabins or tent sites after you leave. To allow enough time to transition for the next week, please plan on leaving camp by 10 a.m. A summer staff person will visit you during the week to go over the cleaning checklist and to drop off your cleaning kit. Thank you ahead of time for helping us keep camp in good condition.



YMCA Camp Northern Lights – Camping for all Seasons

Every season at camp is the best season! The trails are perfect for hiking in the fall and skiing in the winter. Camp Northern Lights, an exceptional site for a family outing, retreat or fellowship with a group of friends, is open weekdays and weekends, for short- or long-term visits during these seasons. Call the Camp Northern Lights Administrative Office at 612-822-2267 soon as reservations for current openings are being accepted now.

2019-2020 Fall, Winter and Spring reservations are open!