

# YMCA CAMP ICAGHOWAN

## PARENT HANDBOOK

### SUMMER 2018



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## This Document

This document undergoes occasional changes. You can always find the most up to date version at [https://www.ymcamn.org/camps/camp\\_icaghowan/forms\\_publications](https://www.ymcamn.org/camps/camp_icaghowan/forms_publications)

## Contact Information

### YMCA Customer Service Center.

612-822-2267. Call them about registration, payments, financial assistance, cancellations, etc...

### Camp St. Croix Office (Fall/Winter/Spring).

651-436-8428. Call here for general info about programs, logistics, transportation, etc...

### Camp Icaghowan Office (Summer).

715-268-8377. Call here for questions, concerns or needs during the summer months while camp is in session.

**Courtney Danis (Program Director) 763-230-9317.** Call if you have specific questions about programs, concerns about a camper, etc...

**Michel Tigan (Executive Director) 612-230-3478.** Call if you have specific questions about programs, concerns about a camper, etc...

## Open House

Join us for a new and prospective parent open house on **Sunday, June 3rd, from 1pm to 3pm** at Camp. It's a great chance to tour camp, meet summer staff, and get all your questions answered. It's free and there's no need to register. Please know that tours will leave on the hour of 1pm, 2pm, and 3pm so you can plan accordingly.

## YMCA of the Greater Twin Cities Mission

The Y's mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

## Camp Icaghowan Mission

Camp Icaghowan is committed to helping participants achieve their fullest potential in personal development, social growth and physical well being, with an understanding of their natural environment. Programs and activities at Camp Icaghowan seek to instill the four core values of the YMCA: Caring, Honesty, Respect and Responsibility.



## Registration and Forms

### Registration

Registration can be completed online at [www.ymcamn.org/camps/camp\\_icaghowan/summer\\_camp](http://www.ymcamn.org/camps/camp_icaghowan/summer_camp)

Or by calling the YMCA Customer Service Center at 612-822-2267

Camp will send you a confirmation within three weeks of receiving your registration and deposit.

The balance for your session is due September 1, 2018 unless you have a pre-approved payment plan established with the Customer Service Center.

### Changes and Cancellations

Call the Customer Service Center if you must change or cancel your registration to camp and they can walk you through the process.

We charge \$25 for any change of session.

Cancellations made one month or less before your camp session start date are non-refundable.

Cancellations made more than one month prior to your session's first day will result in a loss of your deposit, but you'll get the rest of your money back.

We occasionally make exceptions for medical issues with a doctor's note, so call and ask if that is the case.

### Forms

All forms are available at [ymcamn.org/camps/camp\\_icaghowan](http://ymcamn.org/camps/camp_icaghowan), under the 'forms and publications' tab.

The Camper Health History may be submitted online through customer service, faxed to customer service, or sent to camp with your camper.

The Medication Release Form must be submitted if you are sending medications, prescription or non-prescription, with your camper to camp.

The Camp Store Form may be submitted if you would like your camper to be able to shop at the camp store.



## First and Last Day

### Transportation

YMCA Camp Icaghowan offers transportation to and from camp. The bus will arrive and depart from REI in Bloomington. The bus to camp will depart at 12 pm on Sunday. It will arrive from camp at 330 pm on Friday afternoon. You must register for your transportation choice (bus or parent) at least 5 days ahead of time to ensure adequate space for participants.

### Directions

Camp Icaghowan is located in Amery, Wisconsin, on 115th St. and Cty Rd C, at 899A 115th St.

From Interstate 94: Head North on Hwy 63. Continue North onto Hwy 46. Turn left on Cty Rd F (Deronda St.) Turn Right onto County Rd C. Camp will be about 4 miles, on your left.

From 35W: Take 35W (or 35E) North. Merge onto I-35 N. Exit on Hwy 97 East. Continue on 97 E to Hwy 95 North. Take a right onto Hwy 243. Follow 243 to State Highway 35 N (Cty Rd F). Follow north into Dresser, turn right onto Cty Rd. F. Follow F to Hwy 65. Take a left onto 65, then right onto Cty Rd. C. Follow C. Camp will be about 7 miles on your right.

### Drop-Off

Bus: Arrive between 11:30 am and 12 pm. Be sure to bring any forms that have not been submitted, store money, and medications that your child will need for camp.

Parent: Check-in will begin at 1:00 pm. Make sure you bring all forms that were not submitted, store money and medication for camp. If your camper is going to be departing camp with a different family at the end of the week, make sure you let us know.

Any Changes to the arrival or departure time of the bus will be communicated by the bus stop staff.

### Bus Rules:

- Campers sit facing forward while the bus is moving
- No screaming or yelling
- Inappropriate touching, pushing, or poking is not allowed.
- No eating or drinking (water is ok).

### Pick-up

#### Pro Parent Tip

Don't arrive before 1:00 pm on drop-off day, we will ask you to wait or return with your camper at 1:00 pm.

Definitely don't forget your ID on pick-up day.

Please pick up your camper between 1:00 and 3:00pm on the day their session ends. If you arrive before 1:00pm you will be asked to wait until or return at 1:00pm.

Early pick-up is at 8:00am. If you absolutely must pick up your camper early you can arrange to do it at that time by contacting the program director.

Campers can only be picked up by someone listed on their Camper Personal History and carrying their photo ID.

### Summer Samplers

Summer Samplers sessions are slightly unique.

Tuesday Summer Sampler pick-up is at 1:00pm and Wednesday Summer Sampler drop off is at precisely 1:00 pm. There is no bussing offered for Summer Samplers midweek, but they are welcome to take the bus to or from camp on Sunday and Friday with traditional campers.



## Life at Camp

**Cabins.** Campers spend their session with two counselors and a group of other campers in a cabin group. Our counselors are well trained and love their jobs (they're not in it for the money, we assure you).

Our cabins are split into two units. Venture Unit for female campers and Wilderness Unit for male campers. Campers are assigned to their cabin based on age and gender. We try our hardest to honor at least one friend request during their time at camp. We want to provide an experience that is inclusive to all campers.

### Pro Parent Tip

Don't be alarmed if you get a call from Icaghowan while your camper is at Camp. Camp likes to get parent input on even minor health, homesickness, and behavioral issues. It's a low bar to call home.

**Cabin Activities.** Cabin groups do a lot together; they paddle, climb, play sports, make art, hike, swim, play music. It's during these activities that the strongest relationships, those with cabin-mates, are formed.

**Units.** Units at Camp Icaghowan have a long and rich history. There are special nights where each unit participates in fires and generations old traditions to honor the past and empower the current campers.

**Progressives** Each camper also gets to follow their own passion; on the day they arrive at camp your camper will be able to choose how they want to spend their mornings by signing up for their 'camper's choice' program. Canoeing, Target Sports, Arts and Crafts, Climbing and Nature are just a few of the options.

**Food.** Icaghowan campers eat very well; our kitchen takes great pride in providing a tasty, well-balanced diet. If your camper has dietary restrictions or allergies please note them on their Camper Personal History. If needed our Food

Service Manager will follow up with additional questions.

**Health and Safety.** Icaghowan campers are well looked after. Our first aid and lifesaving certified counselors are supported by our health professional (an RN) and supervised by our consulting physician. We are 5 minutes from the Amery Regional Medical Center for emergency care.

We will treat bumps, bruises, and scrapes and be in touch with you if anything else comes up. We always call home if an injury or illness impedes a camper's enjoyment of camp.

**Communication.** Campers may not have cell phones; the ability to contact home tends to feed feelings of homesickness and inhibits cabin integration. If you would like to be in contact with your camper you may send a care package (**no food as it can bring unwanted furry guests to the cabins**). Mail your care package to:

Camper Name and Session Start Date  
c/o YMCA Camp Icaghowan  
899A 115th St.  
Amery, WI 54001.

### Pro Parent Tip

Bring your mail to camp when you drop your camper off. We will deliver it to them during the week and you'll save on shipping!

**Homesickness.** For many campers, a week away at Icaghowan will be the longest time they've ever been away from home. The challenge can be significant for both kids and their parents. Icaghowan counselors and instructors are very experienced in coaching campers through their experience and we believe that overcoming the challenge of homesickness can be a hugely positive experience.



## Notices

### Diversity and Inclusion

It is the YMCA of the Greater Twin Cities' vision to serve relentlessly with our community until all can thrive in each stage of life. At Camp Icaghowan we make sure that all really does mean all; we gladly welcome campers of all backgrounds, walks of life, and genders. We cherish diversity and want to make sure all feel enthusiastically at home at Camp Icaghowan.

Please contact us if you have perspective on your camper that may help us support your camper better while they are at camp (e.g. what your transgender camper needs to feel at home).

### Camper Behavior

Caring, honesty, respect, and responsibility are the YMCA's core values and the foundation

- We expect campers to take responsibility for their actions.
- We expect campers to respect themselves, one another, the environment, and camp equipment.
- We expect campers to be honest with one another and their counselors.
- We expect campers to care for themselves and one another.

Icaghowan staff do a great job at coaching campers who behave inappropriately. We work very hard to make sure that every camper at camp Icaghowan has an opportunity to grow and succeed. If we find that we are unable to redirect your camper's behavior we may be in contact with you.

We reserve the right to send a camper home, without refund, if consistent misbehavior affects the experience of other campers.

### Risks at Camp

Camp Icaghowan is a member of the American Camp Association, meaning we are rigorously held to account on over 300 pages of standards regarding health and wellness, transportation safety, aquatic safety, and more. These standards guide us to use the best practices regarding ticks and other insects, sun exposure, hygiene, bullying prevention, staff medical training, and many more.

Nonetheless, like all other experiences in life camp is not risk-free. We simply cannot guarantee that no harm will befall a camper. [Please refer to our waiver at campicaghowan.org/ forms\\_publications/](https://campicaghowan.org/forms_publications/) if you would like to review our indemnification policies.



## Packing: Traditional Camps

The following is a suggested packing list for a week of traditional camp; decrease for shorter stays and increase for longer ones.

### Bring

- A sleeping bag and a twin sheet
- A pillow
- A pair of pajamas
- Two pairs of old tennis shoes or sandals with backstraps for daily wear (no flip flops)
- Two pairs of shorts
- Two pairs of long pants
- One or two long-sleeved shirts
- Three t-shirts
- Five pairs of underwear
- Five pairs of socks
- A sweatshirts
- Swimming suit (trunks for boys; one piece for girls)
- Rain jacket or poncho
- A bath towels and washcloths
- A beach Towel
- A hat
- Personal toiletries
- A flashlight (headlamps are great)
- A bandana
- Water bottle
- Insect repellent and sunscreen

### Consider Bringing

- A camera (disposables are a good idea)
- Journal and pen
- Paper, envelopes and stamps for letters (pre-addressed post cards work well)
- Books and small games
- Medications (along with a Medication Release Form)

### Do Not Bring

- Cell phones
- Music players or video games
- Food or drinks
- Fireworks
- Knives or weapons

#### Pro Parent Tip

You can look online for additional items for specialty camps. [ymcamn.org/camps/camp\\_icaghowan/parents/packing\\_lists](http://ymcamn.org/camps/camp_icaghowan/parents/packing_lists)

### Lost and Found

We display our lost and found as we accumulate it for campers to see and parents to peruse on pick-up day. If you return home and realize you have left something give us a call and we'll try to find it.



## Packing: Adventure Camps, WLC, and CIT

In general, what one would pack for Icaghowan's Traditional Camps isn't too different from what you'll want if you'll be hitting the trail on your camp session. Here are a few notes and a few additional suggested items

- On trail you want a compact, efficient sleeping bag, consider a mummy-style bag.
- Camp provides a basic sleeping pad for everyone but many campers like thermarest style pads (kayakers, don't worry about this).
- Rain jackets matter a lot; bring one that is durable and breathable so you can comfortably be active in it.
- Down is lightweight and wool and synthetics are warm when wet; tend toward those fabrics and fills instead of cotton for clothing and sleeping bags.
- Good long underwear and wool hats are great for keeping you warm without much bulk.
- Pack in a cheap crushable duffel bag (like an Outdoor Products Basic Duffel) and bring a light backpack or messenger bag along.

### Pro Parent Tip

Don't feel the need to go buy lots of new things if you already have gear that will do. With very few exceptions, high-end gear doesn't improve your camp experience. In fact, most Icaghowan staff pride themselves on taking good care of old gear and using it until it's worn out.

### Climbing Camps

- Lightweight stretchy pants
- Climbing shoes\*
- Climbing harness\*
- Climbing helmet\*
- \*Camp provides these for climbing campers, but some campers like to use their own.

### Kayaking Camps

- Gloves (neoprene or waterproof are great)
- Wind shirt (optional)

### Horse Camps

- Sturdy riding boots
- Durable riding pants

### Canoeing Camps

- Sturdy portaging boots
- Two or three pairs of wool socks

