



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# LEARN GROW THRIVE

Group Leader Planning Guide  
YMCA CAMP IHDUHAPI

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## GROUP LEADER

As the Group Leader, you are responsible for knowing and understanding the policies and procedures addressed in this guide. Please read this packet thoroughly.

## THIS DOCUMENT

This Planning Guide has been created to assist you in planning a successful and enjoyable experience at Camp Ihduhapi. To ensure that your group is well informed, please feel free to duplicate and distribute any of the materials in this packet. You may also want to put together an information packet just for your group.

## PLANNING YOUR VISIT

Communication and planning are key to a successful experience. Camp Ihduhapi staff are available for group meetings, pre-planning tours, presentations, or any other consultations that may assist you. Please follow our due dates listed below, so we can successfully plan for your visit.

## CONTACT INFORMATION

### Event Coordinator

763-230-9300

Call the Event Coordinator if you have specific questions about your visit to YMCA Camp Ihduhapi.

### Branch Administrative Coordinator

763-479-1146

Call the Branch Administrative Coordinator when inquiring about a payments and financial information.

### Outdoor Learning Program Director

763-230-9312

Call the Outdoor Learning Program Director when inquiring about your group's team building programming.

### YMCA Camp Ihduhapi

(P) 763-479-1146

(F) 612-823-2482

(A) 3425 Ihduhapi Road, Loretto, MN 55357

(W) [www.campihduhapi.org](http://www.campihduhapi.org)

### On Call Host

612-517-8974

Please only use while you are on the camp property.

## IHDUHAPI MISSION STATEMENT

To foster physical, emotional, and spiritual growth by providing a fun-filled, challenging, and supportive environment in which to learn about nature, others, and oneself.

## PLANNING CHECKLIST

Task	Due By:	Notes	Complete?
CAREFULLY READ the Group Leader Planning Guide, Reservation Confirmation, Agreement for Services, and the Use and Hold Harmless Agreement.	ASAP		
Submit SIGNED Reservation Contract with a deposit.	Within 14 days of receiving		
Request a copy of "Certificate of Liability Insurance" from your Insurance provider.	Within 14 days of receiving		
Contact Ihduhapi with an update of your numbers	Before 30 days prior	Please note, within 30 days of your visit, you will be responsible for at least 90% of the guests on your reservation contract. Please call before 30 days to adjust numbers.	
Complete the "Group Needs Assessment" and return to Ihduhapi.	30 days prior	*Only for Team Building Groups	
Complete "Room Set-Up" form and return to Ihduhapi.	2 weeks prior		
Complete "Participants Concern Form" form and return to Ihduhapi.	2 weeks prior		
Organize a list of names & address of ALL participants with emergency information (i.e. current health issues, allergies, health history, and emergency contact information).	As taking registrations for your group	You may use your organization's forms or Camp Ihduhapi's Health Form	
Distribute or communicate "What to Bring" list to participants	2 weeks prior		
Call Camp Ihduhapi with final numbers	2 weeks prior	Please note, within 30 days of your visit, you will be responsible for at least 90% of the guests on your reservation contract.	
Obtain a First Aid Kit	1 week prior	Bring to Camp Ihduhapi with you	
ALL participants must provide a signed copy of the Camp Ihduhapi Release Form.	Submit forms to your host upon arrival to Camp	This must be completed by a parent or guardian for those under 18 years of age. The Group Leader should collect these forms from participants and upon arrival give them to the host.	

# RESERVATION POLICY & PROCEDURES

## RESERVATION POLICIES

All reservations must be scheduled and confirmed with camp staff. The Group Leader will then receive the **Reservation Confirmation**. This document will state desired dates, programs and fees. The deposit requested is due upon receipt of the Reservation Confirmation, **reservations will not be held for more than 14 days without a deposit and signed agreement.**

## SECURING YOUR RESERVATION

Groups are not guaranteed new and returning dates until the **Reservation Confirmation** documents are signed and returned to Camp Ihduhapi with a deposit. It is recommended that you call camp as soon as possible with your dates. It is the responsibility of your organization to reserve returning dates, a recommendation of 12 months in advance.

## DEPOSIT

All deposits are non-refundable. Deposit payment is due within 14 days from the Produced Date of the Reservation Confirmation. Reservations will not be held if the deposit and required documents are not received within the 14 days. The deposit amount due is calculated from the estimated final billing total and will equal approximately to 50% of that amount. Deposits can be paid in the form of a check or major credit card. The deposit is required to hold the group reservation and may also serve as a damage deposit. The deposit will be deducted from the final amount due unless damages are incurred.

## INSURANCE

Groups are required to have their own liability and accident insurance coverage. A **Certificate of Liability Insurance** indicating a minimum of \$1,000,000 of general liability coverage must be provided by all user groups. The YMCA of the Greater Twin Cities must be listed as an additional insured on that certificate. A copy of this certificate must be provided in advance of the groups' arrival to Camp Ihduhapi. The YMCA of the Greater Twin Cities is not able to provide benefits for illness or injury incurred by any user group participant.

## MINIMUM BILLING COMMITMENT

Your organization will be responsible for paying for 90% of the minimum number stated on your reservation confirmation or the actual attendance, whichever is greatest. (i.e. estimated number of participants in 20 but only 15 attend, you will be billed for 90% of 20, which is 18).

Enrollment variations are the responsibility of the reserving group leader and can be changed up to 30 days prior to your event. Within 30 days, you are responsible for at least 90%.

## FINAL BILLING

Please confirm your actual numbers of participants before you leave camp by completing your "Summary of Services," this information should be given to the host on duty. An invoice will be mailed from our office following your date of service. All payments must be made in full within 21 days. The final bill will also include the Sales Tax of 7.525% tax. It is the responsibility of the Group Leader to submit a Minnesota Sales and use Tax Certificate of Exempt Status (CES) prior to billing.

## CANCELLATION POLICY

If your group cancels more than 30 days prior to the reservation start date, you will lose your deposit only. If your group cancels less than 30 days prior to reservation start date, you will lose the deposit, plus be financially responsible for 80% of the 90% minimum billing amount listed on the groups Reservation Confirmation.

## LIABILITY WAIVERS

It is required that the group leader show, on arrival, a properly signed Camp Ihduhapi Release form for every participant including adults and chaperones. Those without forms will not be allowed to stay at camp. Please turn these forms into your host upon arrival; they will be kept by Camp Ihduhapi.

# EMERGENCY & MEDICAL INFORMATION

## EMERGENCY ASSISTANCE

If present, trained YMCA staff can assist with medical emergencies. However, **USER GROUP LEADERS ARE RESPONSIBLE FOR ALL FIRST AID AND EMERGENCY CARE OF ALL PARTICIPANTS IN THEIR GROUP; THIS INCLUDES PROVIDING FIRST AID SUPPLIES.** It is required that an adult from the group be CPR/First Aid Certified from a nationally recognized organization. If an emergency requires transportation, it is the responsibility of the group to have a vehicle at camp to use for such emergency transportation. Local emergency transport services are available via 911.

## PARTICIPANT EMERGENCY INFORMATION

It is required that the group leader keep a list of names & addresses of participants with emergency information (i.e., current health issues, allergies, health history, and emergency contact information). Included at the end of this packet is a sample health history form. Please use this form as you need. For minors without a parent on site, it is required that there is signed permission to seek medical treatment. It is the responsibility of the visiting group to obtain and hold for not less than two years a completed health history form for each participating attendee if that group is residing at the camp for less than 3 nights. Those health forms must be accessible upon request to Camp Ihduhapi administrative staff during that two-year period of storage. For a group staying longer than 3 nights, it is the camp that must maintain health history forms and treatment records.

## MEDICATIONS (FOR MINORS)

All medications must be given to the group’s leader, and administration of such medications shall be documented. All medications must be in original containers accompanied by any special instructions. If the group is staying longer than 3 nights, medications must be kept in a locked container.

## EMERGENCY CONTACTS

ALL medical or fire emergencies:	911
Buffalo Hospital	763-682-1212
Maple Grove Hospital	763-581-1200
Maple Plain Fire Department	763-479-0502
Non-Emergency Police	763-473-9209
Poison Control Center (24 Hours)	1-800-222-1222
National Weather Service	612-725-0939
Minnesota Road Conditions	1-800-542-0220
Camp Host Cell Phone	612-517-8974

## FIRST AID KIT

Please bring a First Aid Kit for you and your participants.

### Not Allowed at Camp Ihduhapi:

- Drugs
- Weapons & Guns
- Smoking
- Pets

### Allowed with prior approval & exclusive use:

- Alcohol (no hard alcohol)
- Fireworks (by a licensed pyrotechnic)

### Pro Tips

As Health history forms are submitted to you, complete the “Participant Concern” form to submit to camp, 2 weeks prior to visit.

When your participants sign up for your retreat, have all participants complete the liability waiver and health history form at that time. It’s less work for you to track down later.

## LIFE AT CAMP

### ARRIVAL

Upon your arrival to camp, please check in at the Welcome Center, where our conference host will meet your group. They will assist you in finding your meeting space and cabins. The Host will also set up a time to do a “Welcome and Orientation” for the entire group or share this information with you to share with your group. They will go over camp rules, policies, and procedures. As a group leader, you will be responsible for the actions of your group. It is our expectation that you will leave the grounds and facilities in better shape than when you arrived.

### DEPARTURE

**Participants should be out of their cabins by 10:00am of their day of departure, unless otherwise arranged prior to arrival.** Departing groups will continue to use their meeting area and outdoor facilities until the departure time stated on their agreement. Because there may be overlaps in the schedules, we ask all groups to be flexible concerning any possible changes.

### PARKING

Please park all vehicles in designated parking lots. Vehicles are not allowed on camp walkways.

### ADULT SUPERVISION

Each group is responsible for the actions of its participants. A leader of at least 21 years of age must accompany the group. Youth groups require an adult supervisor for each cabin assigned. A minimum supervision of adults to youth ratio of 1 to 9 is required.

### EVENING QUIET TIME

Quiet time is at 11:00 pm. We understand that some programs may be designed to continue beyond 11:00 pm. If so, please make arrangements with the camp host. Please respect other groups in camp that may turn in early. Please keep activities quiet enough not to disturb other groups.

### MEAL INFORMATION

The main dining hall has a capacity of 200 people. All groups on camp will eat together. If you would like to arrange alternative meal times, please do so prior to your arrival. We will attempt to honor your time requests. All groups are asked to assist in clearing and cleaning the dining area after each meal.

Typical start times of meals are:

Breakfast: 8:00am

Lunch: 12:00pm

Dinner: 5:30pm

Please have your group near the Dining Hall 5-10 minutes prior to the start time.

**Meal Service:** Meals are served either “Buffet-style” or “Family-Style.” Dessert is only served with dinner.

**Snacks:** Coffee, Tea and Hot Water are available in the Dining Hall from 7:00am to 10:00pm. Snacks and additional beverages provided in meeting spaces are available; additional fees may apply for this service. Please make arrangements for these services prior to your arrival.

Your group is allowed to bring your own snacks and beverages, provided that no food is being cooked on site (per Health Code).

**Special Diets & Allergies:** Our food service staff will do their best to accommodate all special diets and allergies. It is the group leader’s responsibility to request any special diets and/or needs at least 2 weeks prior to arrival date. Please use the Participant Concerns Form.

### DAMAGES

Your group is responsible for the condition of any and all buildings and grounds it uses. If damage occurs, a charge for repair will be added to your final bill. Damages includes, but is not limited to, graffiti, broken windows, and any damage to equipment and/or buildings.



# AMENITIES, EQUIPMENT, & ACTIVITIES

## LODGING OPTIONS

**Camper Cabins:** Our 16 rustic camper cabins each have capacity for up to 10 people. All cabins have bunk beds and are heated. Restrooms and hot showers are available in a centrally located bathhouse.

**The Bunkhouse:** The Bunkhouse sleeps up to 36 people in three separate rooms. There is a meeting room in the center of the Bunkhouse for up to 60 people.

**Pro Tip**

All participants are responsible for bringing their own bedding– sleeping bag, pillow, twin sheets, blankets, towels etc.

## MEETING SPACE

Meeting space will be assigned to each group according to the estimated number of participants. Meeting and cabin space specifically requested will be stated on the Reservation Confirmation; however **we reserve the right to reassign meeting and cabin space depending upon final group numbers.** Additional or larger meeting spaces may be requested and will be charged according to the Day-Use Rate Schedule.

## AV EQUIPMENT

Camp Ihduhapi has a limited number of white-boards, flip charts, a LCD projector and screens. These items need to be reserved and are available on a first-come basis. Additional charges apply.

## RECREATIONAL ACTIVITIES

Camp Ihduhapi will provide at no charge a variety of balls and equipment for your group to enjoy and share with all groups on camp. Any abuse of the equipment or facilities will result in the loss of privileges to use them; physical damage to property due to abuse will be billed to the group.

**The group’s staff/chaperones must supervise recreational activities and areas at ALL Times.**

### Recreational Activity Options

Basketball	Volleyball	<b>(Winter Only)</b>
Hiking	Tennis	Sledding
Soccer	Campfires	Broomball

**Campfires:** All outdoor campfires must be reserved prior to arrival. All fires will be built and lit by camp staff in established fire-rings.

**Hiking:** Stay on trails while hiking, be cautious of poison ivy along trails and in wooded areas. Avoid slopes where erosion has occurred. If you are unfamiliar with the grounds, please hike or ski with a friend. Group leaders are responsible for the safety and whereabouts of their participants.

**Swimming/Water Front:** Availability is at the camp’s discretion. All water front and swimming activities MUST be prearranged with Camp Ihduhapi. Camp Ihduhapi reserves the right to cancel a swimming or beach activity due to weather or unsafe water level.

## CAMP STAFF LED ACTIVITIES

These activities are available as weather and safety permits and MUST be reserved at least 3 weeks prior to arrival. Additional fees will apply based on number of participants and length of desired program.

- Teambuilding
- Archery
- Night Hikes

## TEAM BUILDING PROGRAMS

### LEARN. LEAD. GROW

Our team building programs promote the belief that team concepts and skills are best taught through experiences, rather than traditional, meeting room training methods. The principles are abstract, and often require change in perception for people to “get it.” Through reflection and discussion, groups learn what works and what does not. Since the activities they are involved in have no real consequences, groups can engage in open and honest discussion. They can then capture and transfer learning to actual life application.

### PROGRAM OPTIONS

**ALL Team Building programs are subject to scheduling availability.**

#### Initiatives & Low Elements

Group Initiatives and low elements are a collection of games, activities, puzzles, and events that push groups to grow together through trial and challenge. Every activity focuses the group on thinking and working on the core Team Skills like trust, cooperation, collective problem solving, and communication.

#### Climbing Events and High Ropes Courses

Our climbing events are designed to push you and your group out of their comfort zone and off into excitement and growth! Options include: Climbing Tower, Vertical Challenge, Leap of Faith, Commitment Bridge, Giant’s Ladder, Circuit Courses, Giant Zip, and High Y’s.

### GROUP PREPARATION

-Dress in comfortable layers so you can add and subtract clothing, depending on the temperature of the day. Sweat pants or jeans are recommended.

-Please do not assume the weather will be too warm; it is always better to bring too much clothing.

-We operate RAIN or SHINE. Please assume that it will rain, and pack appropriate attire.

-Tennis shoes are fine in the summer. Please wear your warmest shoes or boots in the winter. **NO sandals or open toed shoes, participants will not be allowed to participate for safety reasons.**

-Please bring bug repellent and sunscreen during the summer.

-Bring a water bottle; some activities take place in remote areas of camp.

-Please do not wear necklaces, earrings (small post earrings are fine), large belt buckles or anything else that could get in the way of equipment.

-Be sure that group leaders inform their participants that we are a smoke-free environment and that no type of tobacco will be allowed. Absolutely no alcohol is allowed on camp property.

### CANCELLATIONS DUE TO WEATHER

Camp Ihduhapi programs are designed and developed to be conducted in all weather conditions. Please dress appropriately and bring outerwear for all types of weather. Any programs canceled for threat of severe weather will be done so by Camp Ihduhapi staff the day of the scheduled event. If a program is canceled due to severe weather conditions all possible efforts will be made to reschedule the event for another date within the school year calendar to which it was originally scheduled.



# CAMP FORMS & RESOURCES

## INCLUDED IN THIS SECTION:

### Participant Concerns\*

### Room Set-Up Request\*

This form instructs us as to how each meeting space should be set up and what type of equipment is needed. Send in two weeks prior to your visit.

### Group Needs Assessment\*

This form only needs to be completed if your group is participating in camp led team-building activities. Send in thirty days prior to your visit.

### Release, Indemnification & Hold Harmless Agreement (Waiver)

Needs to be signed by each participant (or guardian if under 18) prior to your camp stay. Please submit to camp staff upon your arrival to camp.

### Health Form

This is for your own use. It is required by camp that the group leader keeps a record of all of their participant's names, emergency contact info and emergency medical information. Please feel free to use our form or one of your own.

### “What to Bring” List

This is a suggested packing list to distribute to your group, prior to coming.

### Camp Ihduhapi Map

### Directions to Camp Ihduhapi

**\*These forms need to be returned to the Stephanie Heidorn,  
Event Coordinator, 2 weeks prior to arrival.**

## **PARTICIPANT CONCERNS**

**\*Submit form 2 weeks prior to arrival**

**Please include specific examples of dietary restrictions and food allergies.**

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Group Name

Dates Attending

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Contact Person

Phone

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Name of Participants	Needs and/or Concerns (please be specific with food concerns)

## ROOM SET-UP

**\*Submit form 2 weeks prior to arrival**

Please fill out a "Room Set-Up" form for each reserved meeting space.

Group Name	Reservation Date
Contact Person	Phone
Meeting Space	Handicapped Accessible <input type="checkbox"/> No <input type="checkbox"/> Yes

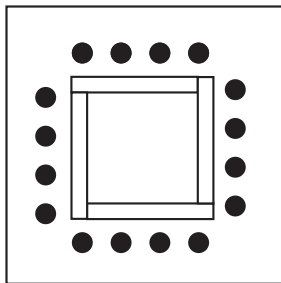
### TABLES & CHAIRS

We will accommodate your requests as we are able, but may need to make changes based on other groups at Camp.

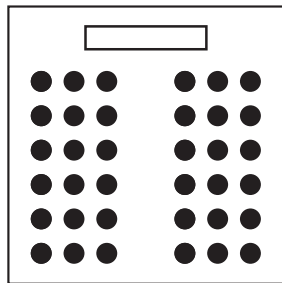
# Chairs     
  # Rectangular Tables     
  # Round Tables

### CHOOSE A ROOM SET-UP

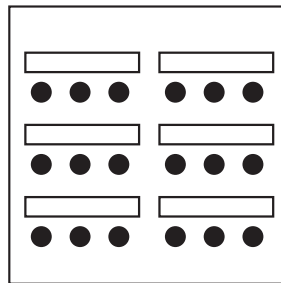
Please be aware: Not all options work in every meeting room and are limited by room size.



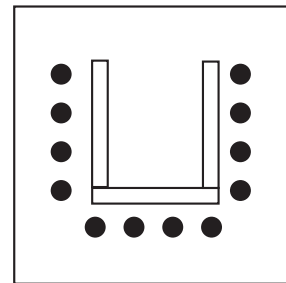
Square



Lecture



Classroom



U-Shape

We will set up our own room - tables & chairs will be left in the room

### EQUIPMENT NEEDS

Not all equipment is available at all times. Please reserve well in advance of your retreat.

- |   |   |                                 |
|---|---|---------------------------------|
| <input type="checkbox"/> LCD Projector          | <input type="checkbox"/> Screen   | <input type="checkbox"/> Podium |
| <input type="checkbox"/> 1 Flip Chart & Markers | <input type="checkbox"/> Large Speaker System (Lodge)                                   | <input type="checkbox"/> Easel  |
| <input type="checkbox"/> Power Strip # _____    | <input type="checkbox"/> Small PA System (Other meeting spaces not including the Lodge) |                                 |
| <input type="checkbox"/> Extension Cord # _____ | <input type="checkbox"/> Other: _____   |                                 |

## TEAM BUILDING: GROUP NEEDS ASSESSMENT

### \*Submit form 30 days prior to arrival

To assist us in developing an effective program for your organization, we need your input. Please return this form within 30 days of your program date. Our Outdoor Learning Program Director will be in contact with your group leader to follow-up with your program needs. Thank you for your time and insight to your group!

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Group Name

Program Date

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Group Leader

Phone

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Email Address

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Estimated # of Participants

# of Groups (10-12 per group)

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Group split done by:  Camp  Group Leaders

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What are the goals you wish to achieve for your organization's group by participating in this program?

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What is the age range and background of your group? Have they participated in team building activities before?

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What are other components included in your retreat or curriculum that would be beneficial for us to know?

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Are there any special behavioral issues or physical impairments that our staff should be aware of?

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Have you told your group about the outdoor weather conditions?  Yes  No

**Please remind participants that they must wear CLOSED TOED SHOES to participate in the activities.**

# RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

In consideration of participating in YMCA activities, and for other good and valuable consideration, I hereby agree to release and discharge from liability arising from negligence YMCA Greater Twin Cities (hereinafter referred to as YMCA) and its owners, directors, officers, employees, agents, volunteers, participants, and all other persons or entities acting for them (hereinafter collectively referred to as "Releasees"), on behalf of myself and my children, parents, heirs, assigns, personal representative and estate, and also agree as follows:

1. I acknowledge that participating in YMCA activities involves known and unanticipated risks which could result in physical or emotional injury, paralysis or permanent disability, death, and property damage. Risks include, but are not limited to, broken bones, torn ligaments or other injuries as a result of falls or contact with other participants; death as a result of drowning or brain damage caused by near drowning in pools or other bodies of water; medical conditions resulting from physical activity; and damaged clothing or other property. I understand such risks simply cannot be eliminated, despite the use of safety equipment, without jeopardizing the essential qualities of the activity.
2. I expressly accept and assume all of the risks inherent in this activity or that might have been caused by the negligence of the Releasees. My/My child's participation in these activities is purely voluntary and we elect to participate despite the risks. In addition, if at any time I believe that event conditions are unsafe or that I or my child are unable to participate due to physical or medical conditions, then I will immediately discontinue participation.
3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Releasees from any and all claims, demands, or causes of action which are in any way connected with my/my child's participation in these activities, or our use of their equipment or facilities, arising from negligence. This release does not apply to claims arising from intentional conduct. Should Releasees or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
4. I represent that I have adequate insurance to cover any injury or damage I or my child may suffer or cause while participating in this activity, or else I agree to bear the costs of such injury or damage myself. I further represent that I/my child have no medical or physical conditions which could interfere with our safety in these activities, or else I am willing to assume - and bear the costs of - all risks that may be created, directly or indirectly, by any such condition.
5. In the event that I file a lawsuit, I agree to do so in the state where Releasees' facility is located, and I further agree that the substantive law of that state shall apply.
6. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

## Parent/Guardian Authorization Section Transportation/Medical

1. In the event that I/my child need immediate medical attention for injuries received while participating in a YMCA program, I authorize the YMCA staff to give me or my child reasonable first aid, and to arrange transport of myself or my child to a health care facility for emergency services as needed.
2. I give permission for myself and/or my child to be transported by the YMCA as needed for field trips, inclement weather, or late pick up. I also give my permission to participate in walking field trips.
3. I also give permission for myself or my child to enter Canada with the YMCA. I also understand that I/my child will need to bring our passport to camp if the trip involves such travel to Canada.
4. I hereby acknowledge that the YMCA will assume that either parent of the child may pick up the child at any time during the program unless there is pertinent court documentation on file at the YMCA that indicates otherwise.
5. I agree to the release of any records necessary for treatment, referral, billing or insurance purposes. The YMCA receives medical information on campers/participants that may need to be shared with medical providers.
6. If I or my child requires use and administration of an epi-pen, prescription or over the counter medication, it is my responsibility to ensure that the epi-pen and/or medication are on me or my child or within our personal belongings every day of the program. If YMCA staff is required to administer and use the epi-pen and/or medication, I agree to forever release and discharge the YMCA and its directors, officers, and employees from any and all liability arising out of or resulting from use or administration of the epi-pen and/or medication.

## General

1. I hereby release all pictures of myself or my child taken by the YMCA for promotional purposes and programming materials including the YMCA website.
2. I give my permission for the YMCA to administer sunscreen as needed.
3. I acknowledge that certain sections of this waiver may not apply to me and/or my child and the programs or activities that we have chosen but agree to be bound by any applicable language.

By signing this document, I agree that if I or my child is hurt or our property is damaged during participation in these activities, then I or my child may be found by a court of law to have waived our right to maintain a lawsuit against the parties being released on the basis of any claim for negligence.

I have had sufficient time to read this entire document and, should I choose to do so, consult with legal counsel prior to signing. Also, I understand that this activity might not be made available to me or that the cost to engage in this activity would be significantly greater if the YMCA did not utilize waivers as a method to lower insurance and administrative costs. I have read and understood this document and I agree to be bound by its terms.

Group Name \_\_\_\_\_ Date(s) on Site \_\_\_\_\_  
Signature \_\_\_\_\_ Print Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Telephone (\_\_\_\_\_) \_\_\_\_\_ Date \_\_\_\_\_

## PARENT OR GUARDIAN ADDITIONAL AGREEMENT (Must be completed for participants under the age of 18)

In consideration of \_\_\_\_\_ (PRINT minor's names) being permitted to participate in this activity, I further agree to indemnify and hold harmless Releasees from any claims alleging negligence which are brought by or on behalf of minor or are in any way connected with such participation by minor.

Parent or Guardian \_\_\_\_\_ Print Name \_\_\_\_\_ Date \_\_\_\_\_

# HEALTH FORM & EMERGENCY CONTACTS

All group leaders must have a record of their participants.  
This will not be collected by Camp Iduhapi; groups may use any type of format.

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Participant's Name			Date of Birth		
Age	Height	Weight	Gender	M	F
Parent/Guardian Name(s)					
Street Address					
City		State	Zip		
Primary Phone			Alternative Phone		
Primary Doctor			Phone		
Insurance Provider			Policy #		
Date of last tetanus booster					

## Emergency Contact

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Name		Relationship	
Primary Phone		Alternative Phone	

## Health Information

YES or NO. If yes, please give details.

Is the participant taking any medication?	
Does the participant have any allergies?	
Does the participant have a history of heart problems?	
Does the participant have a history of seizures?	
Has the participant had any recent injuries?	
Does the participant have special dietary needs?	
Does the participant have asthma?	
Does the participant have asthma?	

Is there any other information regarding the participant that the group leader should be aware of or could prevent the participant from taking part in any camp/retreat activities?

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# “WHAT TO BRING” LIST

The following is a list of items that you may consider bringing to Camp Ihduhapi during your visit.

## DAY GROUPS

- Boots for hiking (waterproof)
- Hat (if needed)
- Jacket
- Jeans
- Shoes (close-toed for Team Building)
- Extra Socks
- Travel/Coffee Mug (Adults Only)
- Camera\*
- Water Bottle

## ALL SEASONS

- Boots (Waterproof)
- Hat (if needed)
- Jacket
- Jeans
- Shoes (close-toed for Team Building)
- Shirts (long and short sleeve)
- Shorts (if warm enough)
- Rain Poncho / Rain Coat
- Pajamas
- Socks
- Underwear
- Sweatshirt
- Travel/Coffee Mug (Adults Only)
- Water Bottle

## WINTER GEAR

- Gloves or Mittens
- Scarf
- Extra Pair of Shoes
- Snowsuit or Snow Pants
- Stocking Cap (not earmuffs)
- Sweater, turtleneck, or vest
- Winter Boots
- Winter Coat
- Wool Socks
- Long Underwear

## SLEEPING GEAR

- Pillow
- Sleeping Bag
- OR Bedding for a Twin-Size Bed

## PERSONAL ITEMS

- Comb / Brush
- Deodorant
- Hair Ties
- Shampoo
- Soap
- Toothbrush / Toothpaste
- Towel and Washcloth

## OPTIONAL ITEMS

- Binoculars
- Day Pack
- Camera\*
- Flashlight
- Insect Repellent
- Sunscreen
- Sunglasses

## PLEASE LEAVE AT HOME

Candy, Food, Gum, Pop, Snacks  
iPods, CD/Music Players  
Electronic Games  
Fireworks  
Knives, Hatchets, Guns  
Weapons of Any Kind  
Pets  
Radios / TVs  
Electronic Tablets  
Anything not allowed at school  
Personal sports equipment

**\*Please do not bring expensive cameras**

**YMCA Camp Ihduhapi is NOT responsible for any lost or stolen items!**



# YMCA CAMP IHDUHAPI

Vinland

Camp Entrance

- B-Leap of Faith
- B High Circuit Course

- Climbing Tower
- Pavilion
- Bathrooms
- Pirate Ship
- Leap of Faith
- Giant's Ladder
- Zip Line



Commitment Bridge A

- Maintenance
- Archery
- Parking (P)

Welcome Center

Tree Leap & Initiative Forest

Commitment Bridge B

Bunk House

Lloyd's Amphitheater

Archery

Sliding Hill

Gaga Pit  
9 Square

Horse Ranch

Dining Hall (Health Service - lower level)

Caretaker's Residence

Campfire Area

Arts & Crafts / Trips

Day Camp Beach, Canoeing

Staff Housing

Basketball  
Volleyball

Circuit Ropes Course & High Ys

Staff Room  
Game Room

Human Foosball  
Happy Hollow

Lodge

Yurt

Lake Independence

Bathhouse

Boathouse, Swimming

Sunset Knoll

Boardwalk

14

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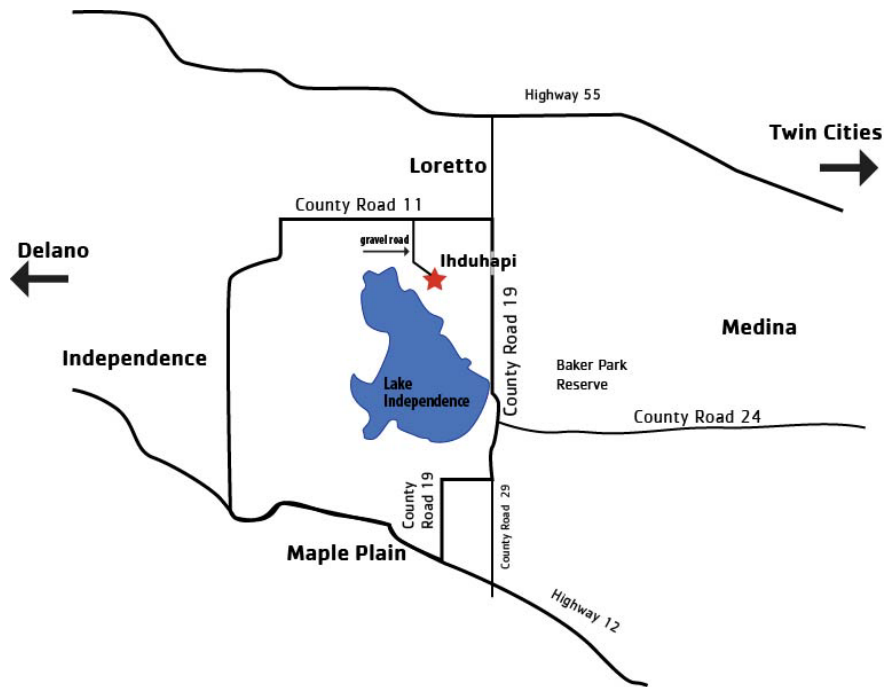
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# Driving Directions to Camp Ihduhapi



## From Highway 55

Take Highway 55 west to County Road 19. Turn left (south) and travel through Loretto to County Road 11. Turn right on County Road 11 (west) for 3/4 mile. Turn left onto Ihduhapi Road at the camp sign. Follow the road to the end.

## From Highway 294

Take Highway 394 west to County Road 29 and turn right (north) just before Maple Plain. County Road 29 becomes County Road 19. Stay on 19 to County Road 11, just before the town of Loretto. Turn left onto County Road 11 for 3/4 mile. Turn left onto Ihduhapi Road at camp sign. Follow road to the end.

## YMCA Camp Ihduhapi

(P) 763-479-1146

(F) 612-823-2482

(A) 3425 Ihduhapi Road, Loretto, MN 55357

(W) [www.campihduhapi.org](http://www.campihduhapi.org)