



**Camp du Nord
YMCA of Greater Twin Cities**

Administrative Offices
651 Nicollet Mall, Suite 500
Minneapolis, MN 55402
Phone: 612-822-2267

Ely Office
3606 North Arm Road
Ely, MN 55731
Phone: 218-365-0365

www.dunord.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 du Nord Mission Statement

The mission of Camp du Nord 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 du Nord Philosophy	4
What to bring	5
Planning for the Week	6-7
A Summer Week at du Nord	8-9
Trading Post	10
Outdoor Activity Center.	11
Activity Highlights for Summer 2019	12-15
2019 du Nord year-round Staff and Resource Families	16
Camp Policies and Procedures	17-23
Cabin/Camping Sites	24-25
Fall, Winter, Spring Information	26

CAMP DU NORD PHILOSOPHY

The remote location of YMCA Camp du Nord has been calling families to the north woods for more than fifty-five years. The beauty of the setting, with the vast sky at night and the towering pines on the shores of Burntside Lake, provides an atmosphere ideal for a connection to family and nature, as well as personal reflection and spiritual growth.

In the du Nord logo, the intertwining circles represent the intra-family and inter-family relationships. Within the circles, the tree represents all of nature. The campfire symbolizes the fellowship of people gathering together and the canoe portrays the family reaching into the world in a quiet fashion. It is significant that the canoe is used in the emblem, for it symbolizes du Nord's efforts to actively preserve the wilderness character of the area and maintain a program consistent to that end.

Guided by this philosophy, achievement of the following objectives is sought:

1. To enrich family life and inter-family relationships.
2. To develop new insights and understanding between family members.
3. To cultivate awareness of the natural world and strengthen appreciation for the wilderness.
4. To encourage spiritual growth and experience in a wilderness setting.

YMCA Camp du Nord seeks to promote an atmosphere where all persons feel welcome, included, and respected. At du Nord, 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 scholarships are 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 a scholarship could help a family visit Camp du Nord, please have them request an application by calling our customer service center at 612-822-2267 download a form from our website at:

https://www.ymcamn.org/camps/camp_du_nord/about/scholarships

WHAT TO BRING

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

Food. If you are not on the meal plan, pack a sufficient amount of food for your week at camp. All cabins are equipped with a full kitchen and cooking utensils. Platform cabins, platform tents, and tent sites have an outdoor fire ring for cooking and a food storage unit with refrigeration.

Towels. Bring hand, bath, beach, and dish towels. Camp du Nord does not provide towels.

Bedding. Campers are responsible for their own bedding and pillows. Sleeping bags are convenient, especially for those planning overnight camping. You may also want to bring a fitted sheet for the mattresses. We have both queen and long twin beds at camp. Remember to include blankets, as nights up north can be chilly. The bed arrangement for each cabin can be found at [here](http://ymcamn.org/camps/camp_du_nord/forms__publications) ymcamn.org/camps/camp_du_nord/forms__publications under Summer 2019.

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, portable BBQ grill, bug net (if camping), games, puzzles or other activities that your family enjoys. These are just a few ideas!

du 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.

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

Bikes. You are welcome to bring bikes, although biking is limited to the North Arm Road. We ask family campers not to ride bikes within camp boundaries. No skateboards or skates are allowed.

PLANNING FOR THE WEEK

Schedule your Overnight or Cookout Now

Overnight and cookout information can be found on our website under the *forms and publications* section. Please fill out the form and email to CustomerService@ymcamn.org or mail to our Customer Service Center (651 Nicollet Mall, Suite 500, Minneapolis, MN 55402) at least one week prior to your arrival. **It is very difficult to schedule staffed cookouts and overnights after arriving at camp.**

Communication at Camp

Mail may be addressed to you at:

Your Name (and Cabin/Tentsite)
YMCA Camp du Nord
3606 North Arm Road
Ely, MN 55731

Phone

If you need to supply a phone number for folks staying back home, the Camp du Nord office does have a phone. Should an emergency arise at home, the caller should contact the Camp du Nord Twin Cities Administrative Office at 612-465-0550 or call camp directly at 218-365-0365. If they are unable to reach anyone, they can try the staff residences at 218-365-3631, 218-365-7686, or 218-365-2796.

Cell Phones

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 du Nord such a special place for families is the absence of these things. Out of respect for others, please keep your cell phones and screens in your cabins. Thank you!

Computers

We truly try to provide an uninterrupted experience for families to be together, without screens, with being in the northwoods, wireless internet is not readily available on site at Camp du Nord. We do understand that for some, it wouldn't be possible to come to camp if you were not able to check-in. Please talk to the office staff at camp about arranging access to a camp computer.

Find Camp du Nord on Facebook

Facebook.com/campdunord

Want to stay in touch with du Nord throughout the year? Find us on Facebook by searching for Camp du Nord 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!

Camp Office

The Camp Office is located in the lower level of the dining hall. It is accessible from the east side of the building. Information and key staff may be located here. Here you can also find:

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

Meal Service

Meal service for families at the dining hall is available on a pre-registered basis. You may register for meal service by filling out Meal Service Request Form on the forms page of the Camp du Nord website. You must sign up for meal service at least one month prior to arriving at camp. Our dining hall does have a limited capacity, and reservations are taken on a first-come, first-served basis, so please register early. Breakfast is served buffet style. Lunch and dinner meals are served family style. Meal times are 8:00 a.m. 12:30 p.m. and 5:30 p.m. With advance notice, efforts will be made to meet special dietary needs (form also available on our website). Food service plans begin with Sunday breakfast and end with Saturday breakfast. The Friday afternoon picnic is available for all campers, not just those on the meal plan.

A SUMMER WEEK AT DU NORD

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.

Saturday/Sunday Arrival

Campers may arrive any time after 5 p.m. Saturday and before 3 p.m. Sunday. Please do not arrive early, as our staff needs time to get the facility ready for the week. Campers arriving between 5-8 p.m. on Saturday night will be greeted at Gateway House at the entrance of Pine Pointe Village. If your family arrives after 8 p.m., a map of camp can be found in the lobby of the Gateway Welcome Center. A radio is also located there if you need to get in touch with staff to find your cabin or site. Information on how to locate staff at other times and other important information for the week will be available at your cabin or campsite.

Saturday

5:00-8:00 p.m. Arrive and Check in at Gateway House
7:00 – 8:00 p.m. Introductory Campfire

Sunday

8:00-8:45 a.m. Breakfast buffet for those on the breakfast meal plan
9:00 a.m. Christian Chapel Service at Peace Pointe
9:00 a.m. Trading Post Open
10:00 a.m. New Camper Orientation and Equipment Demonstrations
12:30 p.m. Lunch, family style, for those on the lunch meal plan
3:45-4:30 p.m. All Camp Opening and Orientation at Burntside Stage
4:30-5:15 p.m. All Camp Sign-ups for various programming in Thor's Lodge Field
5:30 p.m. Dinner, family style, for those on Dinner Meal Plan
7:00 p.m. S'mores night at each camp village (Northland, du Nord, Pine Point)
Vespers – Evening Reflections and Christian Hymns at Siam Point

Typical Monday through Friday Schedule

This is offered as general information only. Please refer to the schedule provided in your cabin for times and locations of activities during your week at camp. Please see Programs and Activities section for program descriptions.

7:30 a.m.	Polar Bear Swim at Pine Pointe beach
7:45 a.m.	Polar Bear Swim at du Nord beach
8:00-8:45 a.m.	Breakfast Buffet for those on the Breakfast Meal Plan
8:55-9:25 a.m.	Nature Notes
9:30 - Noon	Age-Group Activities
Noon	Announcements
12:30 p.m.	Lunch, family style, for those on Lunch Meal Plan
Afternoon	Family Activities: hiking, canoeing, sailing, swimming, sports, family crafts, etc.
5:30 p.m.	Dinner, family style, for those on Dinner Meal Plan
Evening	Options may include sing-alongs, s'mores night, camp auction, game night, saunas, night hikes, Family Arts Center activities and opening and closing gathering.

Saturday Departure

We kindly ask that all families be checked out and depart camp property no later than 11 a.m. on Saturday. 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 at Gateway House, located at the entrance of Pine Pointe, from 9-11 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!

Trading Post

The Trading Post is located in the lower level of the dining hall. The Trading Post will be open most days from 8:30 a.m.-8:30 p.m. except during meals. Exact hours will be listed in the schedule you receive at your cabin or tent site. Costs for items range from a few dollars for snacks to \$50-\$60 for sweatshirts and jackets.

Sample Items Available

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

The du Nord library is located in the Trading Post. Many resource books, fiction and non-fiction books, and a special children's book area can be found here.

Parents are asked to set limits for their children on their purchases. This is easily done by checking in with the store manager.

The Trading Post operates with an open account for all campers, which allows you to purchase items all week on credit. To open an account campers are asked to check in at the store and provide a credit card, check or cash before making any purchases at the beginning of the week. This allows campers to shop at the Trading Post without the need to carry cash with them during the week.

At the end of the week your Trading Post bill will be charged to your credit card. A receipt of your store bill will be sent to you upon request.

The Outdoor Activity Center (OAC)

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

The OAC is located in the lower level of the dining hall, in between the Trading Post and office. Hours will be posted. The OAC 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 OAC staff will teach you proper use of du Nord equipment if you missed the equipment demonstration on Sunday morning.

Cookouts and Overnights

If you would like more outdoor adventure for your family, consider an overnight or cookout. The OAC can help you! Canoe or hike to one of many beautiful nearby locations with your family and enjoy a genuine trail experience.

The overnight and cookout form can be found on the forms page of our website. This form must be filled out and received by mail or fax at our offices at least one week prior to your arrival. It is very difficult to schedule staffed cookouts and overnights after arriving at camp. All equipment, except for sleeping bags and personal gear (i.e., rain gear, toiletries, etc.), is available in the OAC. Our staff will be available to help in planning your cookout or overnight and help you choose the location 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.

du Trips

We also offer BWCA trips for multiple nights with your family! Before or after your week at du Nord, challenge your family to spend a few days paddling beautiful lakes with an experienced guide. Please contact our office at 612-645-6605 if you are interested in learning more about this opportunity for du Nord families! Cost will depend on the length and details of the trip.

ACTIVITY HIGHLIGHTS FOR SUMMER 2019

Look for these programs at du Nord 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

Polar Bear Swim is held Monday-Friday mornings at 7:30 a.m. for Pine Pointe Village and 7:45 a.m. for du Nord Village. Polar Bear swimmers take the early morning plunge into icy Burntside Lake in order to officially end camp's quiet hours. Polar Bears who go all five days will get a certificate at Closing Celebration and the right to buy a coveted Polar Bear T-Shirt in the Trading Post.

Nature Notes 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 Nature Notes Monday – Friday morning at 9:00 to learn about nature and our environment. All campers who complete our Nature Notes Program will receive a patch at the end of the week. There are two separate Nature Notes activities, those for kids 7 and under, and those over 7.

Age-Groups are held Monday-Friday from 9:30-noon. Children are divided by age into groups and the wonderful du Nord 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:

0-3 years	1 staff/3 campers
3-5 years	1 staff/6 campers
6-8 years	1 staff/8 campers
9-14 years	1 staff/10 campers
15-18 years	1 staff/12 campers

Announcements. At the end of age groups each day, all campers (children and adults) gather at Burntside 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

Opening Celebration is a chance to meet the other families, sing songs, play games, and get to know the staff through their opening skit on Sunday afternoon.

The Family Art Center (FAC) is the center of art activities in camp. Open to all campers every Monday – Thursday afternoon 2-4:30 p.m. The FAC is located in du Nord Village. Campers under 12 must be accompanied by an adult.

Specific art classes are offered at the FAC between 2:00 and 4:00 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 FAC will also host an “Open Studio” every afternoon. Families can drop in at any time from 2-4:30 for a large variety of art projects to work on as a family. There may be a minimal cost for some projects.

Family Triathlon meets Thursday afternoon at 3:30 at du Nord beach. Believe us, it’s not as hard as it sounds! The triathlon is done in family teams and consists of one camper swimming around the outside of the swimming area, a second camper running from du Nord beach to Northland boating area, and two more campers paddling a canoe to the finish line at du Nord beach. The triathlon is for all ages and can be as competitive or non-competitive as your team would like.

All-Camp Picnic will take place Friday after age groups. All campers (not just those signed up for a meal plan!) can come down to Northland Village for a picnic lunch!

Counselor Hunt and Water Games takes place on Friday afternoon at 1:30. 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:

Saturday Night Campfire is an opportunity to get to know families staying in your village and also ask our weekend duty staff any questions that you have about the upcoming week.

S'mores Night takes place in each of the three villages. This is a chance to sing camp songs, get to know other families, and make delicious s'mores around the campfire.

The 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 out on the North Arm Trails. Campers can hike all the way to Old Baldy with one group, where they can put their new knowledge of the night sky into practice, or have the option to head back to camp a little earlier with another staff. Children under 12 must be accompanied by an adult.

du Share is our weekly talent share! Bring your talents to share with families at camp. Dance, magic, songs, jokes and more!

Camp Auction. Join the program staff on Thursday evening at an auction held to help support YMCA Camp du Nord and special camp projects. Please consider bringing an item to be auctioned. Families can bring their auction items to the Trading Post early in the week. Some long-time campers think the Auction is the best part of the week! Staff perform hilarious skits, get goofy, and have a ton of fun. Spirited bidding and friendly competition makes the live auction on Thursday 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 du Nord.

Saunas. The Camp du Nord wood-fired sauna will be fired up multiple times throughout your week. Check your schedule for adult single-gender, co-ed adult, teen and kids' saunas. Sign-ups are required for adult saunas. An adult must be present during the kids' sauna. Soap is not allowed in the sauna or Burntside Lake.

Northland and Pine Pointe Villages both have electric saunas and can be used at any time between the hours of 7:30 a.m. and 10:00 p.m. Adults must be present whenever these saunas are used. These saunas must be

vacated by 10:00 p.m. in order to respect our quiet hours and our neighbors. The saunas are located near our neighbors, and for that reason, any noise must be kept to a minimum. Please no running or screaming, especially when entering the water! There is no glass allowed in any of the saunas. Please review sauna rules each time you enter.

Closing Celebration is held on Friday nights – the last night of camp - and, includes skits from each of the age groups, songs, and special recognition of camper accomplishments. It is the perfect ending to your week at camp.

2019 DU NORD YEAR ROUND STAFF

Becca Fink –Executive Director
Nick Weber – Summer Program Director
Emily Weise - FWS Program Director
Scott Olson – Resident Property Manager
Jake Cahill – Maintenance Staff
Andy Gibbons – Maintenance Staff
Paul Berowski – Maintenance Staff
Adam Krzewinski – Kitchen Manager
Jen Fogel – Administrative Coordinator
Anastasia Anderson – Administrative Coordinator

Volunteer Resource Families

Week	Du Nord Village	Pine Point
1. June 8-15	Hawke	Webber
2. June 15-22	Imbertson/Jagielski	Marien/McManus
3. June 22-29	Glover/Carr	Tarnowski
4. June 29 – July 6	Homans	Gitler
5. July 6-13	Knight	Faust/Rosten
6. July 13-20	Waibel	Davnie
7. July 20-27	Anderson/Hagen	Bell
8. July 27 – August 3	Showalter	Robinson/Miller
9. Aug. 3-10	Hanson	Bergstrom
10. Aug. 10-17	Blanchett	Blackburn
11. Aug. 17-24	Rupe	Trotter
12. Aug. 24-30	Raleigh	Eaton

CAMP POLICIES

Our North Woods Environment

Camp du Nord 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 hundreds of hours of 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, recycling, and compost should be delivered to the appropriate area before 4 p.m. each day. In keeping with our philosophy, Camp du Nord 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 du Nord 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.

CAMP DU NORD POLICIES

1. ANY change(s) made to a summer reservation are subject to a \$25 service charge per change.
2. If a summer reservation is cancelled for ANY reason, the \$150 registration fee is forfeited. Cancellations made within one month of the reservation are non-refundable. Cabins not in use because of registration cancellations may be used by the camp staff for other functions.
3. If a fall, winter, or spring reservation is cancelled more than one month in advance, \$50 is non-refundable. Cancellations made within one month of the reservation are non-refundable.
4. If your cancellation is due to a camper's illness, medical reason, or other uncontrollable circumstance, your camp fees will be refunded minus the deposit when cancellation is accompanied by a doctor or other official statement.
5. All persons attending Camp du Nord must sign a YMCA waiver prior to or upon arrival. By submitting a 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.
6. 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.
7. To respect possible allergy issues of other campers, domestic animals belonging to campers and/or volunteers are not permitted at any of the villages at Camp du Nord at any time.
8. 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.
9. Tobacco use inside any structure or on the grounds away from camper cabins or sites is not allowed. Nearby smoking area is available.
10. Use of illegal drugs is prohibited.
11. The YMCA of Greater Twin Cities bans guns and weapons of any kind on the premises of Camp du Nord. All firearms are prohibited on camp property.
12. 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 departures.
13. Rowboats, kayaks and canoes are available for use as a part of the camp fee. A 10 hp. motor may be used ONLY by people with physical disabilities and the motor must be removed from the boat after each use. If you wish to bring a fishing boat its length is limited to 10 hp.. A nearby boat landing must be used for launching the boat. Larger fishing boats and/or motors cannot be brought to Camp du Nord.
14. Cross country ski and snowshoe equipment rental is available during the winter season for an additional fee.

15. If you choose to bring any personal recreation equipment, please keep it in your cabin or site when not in use. Camp du Nord will not be responsible for any damages or misuse of personal equipment by other campers.

16. For rental groups using waterfront areas, we recommend at least two adults be present, one with a lifeguard certification from a nationally recognized certifying body and an adult with experience and skill in paddling instruction.

17. Camper families or groups are responsible for their own emergency care and emergency transportation. Camp will supply an emergency card for health contact information.

18. Camp du Nord advises group leaders to carry participant health information including name and address, emergency contact information, allergies or health conditions, and signed permission to treat or religious waiver for any minors.

19. 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.

20. Day permits are required to enter the BWCAW for day hiking, skiing, or paddling. Permits may be obtained at the trailhead at the North Arm Parking lot or at portages that enter the BWCAW.

21. Any recreational activity carries with it normal levels of physical risk. Any injuries to campers while participating in activities at Camp du Nord are the responsibility of that camper or responsible adult. Camp du Nord does not carry accident insurance for campers.

22. Camp du Nord advises all youth groups, with youth 18 years and younger, should have a chaperone ratio as follows:

Age # of Adults # of 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 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 at least 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.

Emergency Procedures

First aid kits are located in the office in the basement of the dining hall, the basement of Thor's Lodge, the Pine Pointe Yurt, Morning Glory Program Center, the dining hall kitchen, the Family Art Center and the Northland Village shower house. An AED is also located in each village (Office, Thors basement, Morning Glory).

If there is an emergency (i.e., lost camper, fire, etc.), one long air horn blast will sound. Staff members will gather at Thor's Lodge, the OAC, or the Morning Glory Program Center at Pine Pointe. Available adults should also report to these locations if they are willing to assist. Weather emergencies often happen very suddenly and it is the responsibility of all campers to take appropriate cover. Storm shelters are located in the basement of the dining hall, the basement of Thor's Lodge and the basements of Greenstone and Northern Lights cabins. Inclement weather procedures will be covered at the All Camp Orientation on Sunday afternoon.

If there is an emergency that requires evacuation due to an armed intruder, five short air horn blasts will sound. In this instance your first option should be to flee the area (the best option may be to go into the woods), your second option is to hide, and your last resort is to fight back.

Procedures for Using Camp Equipment

You can use Camp du Nord equipment only after you attend an Equipment Demonstration.

For new campers, Equipment Demonstrations (Demos) will take place on Sunday morning at Burntside Stage. Attendance is required. If you would like to use our equipment, please attend the orientation. For returning campers a link to a demo video will be sent out prior to your arrival at camp. At Monday age-groups for children, staff explains du Nord traditions and guidelines and offer age-appropriate demonstrations.

Staff will explain in detail, program options and camp operational procedures at the Camp du Nord All Camp Welcome and Orientation on Sunday afternoon at Burntside Stage.

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 du Nord 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)
- Parts of the Canoe: gunwales, thwarts, yokes, deck plates, bow, stern
- 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 and get in and paddle if possible
- Children 12 and under must be accompanied by an adult at ALL times.

Kayak Standards and Procedures

Exploring Burntside Lake by kayak is a wonderful alternative to more traditional canoes. Kayaks offer a means of exploring the waters surrounding du Nord 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 du Nord 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 view of the Northland boathouse. Paddleboarder may not go behind Northland/Blueberry Island, or past Peace Pointe near the shore.
3. Campers under the age of 12 must have parent 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 Sunday All Camp Orientation, participation is completely voluntary. It's your vacation, so don't over-program yourself!

Parental Responsibility of Children

Staff takes full responsibility for children from 9:30-12:00 Monday-Friday during our daily age-group activities. At all other times, parents 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 on Saturday, 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 Bear and Wolf platform tents (these cars must not be moved during the week). Parking lots are located at the North Arm Trailhead directly across the road from Northland Village, and at the top of the hill at Pine Pointe Village.

Bicycles at Camp

Bikes are welcome on the North Arm Road, but one must be aware of the motor traffic on this road. We do not allow bikes on camp paths. Ride with care and wear a helmet!

Island Policy

Because of safety concerns, we do not allow swimming to or at Northland/Blueberry Island. We are very lucky that du Nord Island is a loon nesting spot and we get to see the little ones grow throughout the summer. Because of this, we ask that campers do not get out of their boats and walk on the island.

Quiet Hours

10:00 p.m. – 7:30 a.m.

For safety reasons, please wear shoes at all times!

CABINS

All cabins (with the exception of our “platform cabins”) have electricity and kitchens with running water, appliances, cooking and eating utensils. Platform Cabins have cooking and eating utensils, and dish washing supplies in a dish pan, located in the bear box outside the cabin.

Du Nord Village cabins have at least one double or queen bed; larger units have two. Pine Pointe Village cabins have at least one queen-size bed; larger units have two. Pine Pointe cabins also have a combination of regular size twin beds and extra-long twin beds. Northland Village cabins have a combination of queen size and single-size beds. **Bedding and pillows are not provided. Campers must provide their own bedding.** Sleeping bags are convenient for use in camp or on trail.

Both du Nord Village and Northland Village have a centrally located shower house with modern bathroom conveniences. Outdoor biffies are situated throughout the three villages.

Care of the Cabins, Tent Sites and Grounds

Care of the cabins and grounds is the responsibility of all campers. Every du Nord 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 11 a.m. on Saturday. 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.

CAMPING SITES – Additional Info

Outdoor biffies are situated nearby all camping site areas at du Nord Village and nearby the platform cabins and the platform tent in Pine Pointe Village. Pine Pointe platform tent campers can shower at the Morning Glory Program Center and du Nord tent campers can use the bathhouse.

Each camping site and platform cabin has a picnic table and fire pit with a grate for cooking. The grates swing aside to allow for campfires. Fire pits should be cleaned out before your family leaves camp. 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 no water or electric hookups at any of 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 chest 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 leave on Saturday morning, please make sure the site is cleaned and ready for use by the next family. Leave it better than you found it!

du Nord Village

Rustic and Auto Tent Sites sleep 8 per site, picnic table, nearby refrigeration and food storage available.

Du Nord Village camping sites are available in two areas. The Rustic Lakeside Sites near the Family Art Center are for tents only.

Auto Tent Sites are located in the center of camp and can accommodate one tent or one pop-up camper.

Pine Pointe Village

Pine Pointe Village is home to three Platform Cabins and one platform tent. Each platform cabin has one main room with 2 bunkbeds (a queen bed on the bottom and long twin on top of each bunk, a screened porch and outside cooking area. Nearby water spigot, biffies, showers at Morning Glory, solar showers, and refrigeration are available. Platform Cabins have cooking and eating utensils, and dish washing supplies in a dish pan, located in the bear box outside the cabin.

The Pine Pointe sites are located near the lakeshore below the cabin area. To access the sites, proceed into Pine Pointe on the gravel road straight past the Morning Glory Program Center, and down the hill past the Bald Eagle cabin. At the bottom of the hill, turn right and follow the road past the Wintergreen cabin. As you slowly follow this road, you will come to the Yurt. Temporarily park your car here and unload into one of the wheel handcarts provided. Using the cart, follow the gravel path. The path will curve to the

left and very soon, you will see the platform sites. Enjoy the week in one of the more secluded, and quiet campsites in all of Camp du Nord.

Please note: Exceeding cabin or tent site capacity by one person only, of any age, is permissible at a fee of \$135.



YMCA Camp du Nord – Camping for all Seasons

Every season at camp is the best season! The North Arm Trails are perfect for hiking in the fall and skiing in the winter. Camp du Nord, 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 du Nord Administrative Office at 651-645-6605 soon as reservations for current openings are being accepted now.

***2019-2020 Fall, Winter and Spring reservations are open
starting May 7, 2019***