



YMCA CAMP WATIA

PARENT GUIDE TO OVERNIGHT CAMP

Dear Parents/Guardians,

Thank you for joining our overnight camp community. You've taken a very important step in helping your child develop to their full potential. The YMCA is dedicated to making every child's experience at camp a positive one. This guide will help you prepare your child for a safe, exciting, fun, and adventurous experience. If you have any questions or concerns, please feel free to contact us at 828 209 9600 or ymcacampwatia@ymcawnc.org.

Campingly Yours,
Ryan Hove and the YMCA Camp Watia Staff

Arrival and Departure Times

- Arrival/check-in: Sunday, 2-3:30 p.m.
- Before Departure/checkout: Friday, arrive by 5:45 p.m. for Closing Ceremony (more info below)
- Departure/checkout: Friday, 7 p.m.
- For the safety of all our campers and families, please leave your pets at home.

Family Closing Ceremony

- You're invited to join the YMCA Camp Watia community in celebrating a great camp session. Campers and staff will share highlights of the week and cabins will share songs, skits, and special talents. This is a great opportunity for campers to shine and for parents to see the YMCA Camp Watia experience in action!
- Arrive by 5:45 p.m. and check in at the Welcome Depot.
- Please have your Picture ID ready
- Closing Ceremony begins at 6 p.m.

Health Center

- All medications (prescription and over the counter) must be in their original containers and turned in to the Health Officer during check-in.
- Medication will be administered as directed on the bottle and must be clearly marked with the child's first and last name.
- All prescribed medications must have the name of medication and name of physician labeled on bottle.
- You will be asked during the check-in process when the last dosage occurred. This will assist us in ensuring medication is administered in a timely manner.
- Every camper is required to go through a lice check during the check in process. If your camper is found to have lice, they will be asked to return home until cleared by a doctor. You are welcome to reschedule your camper's session if space permits. It is highly advisable to check your camper for lice prior to arriving to camp.

Electronics

- Camp Watia is an electronic device free experience
- Do not bring cellphones, radios, or any other electronic devices
- Electronic devices found will be confiscated by camp administration for safekeeping
- Camp Watia is not responsible for any damages or lost items

Camper Mail

- Your child's safety is our top priority, please do not send any personal care packages containing food due to risk of potential allergens
- Any care packages containing food will be held and returned during check-out
- When addressing letters or care packages to your camper, please write their first and last name along with their cabin.

PRO TIP: To help remember your camper's cabin, take a picture of your camper on their cabin porch in front of their cabin sign.

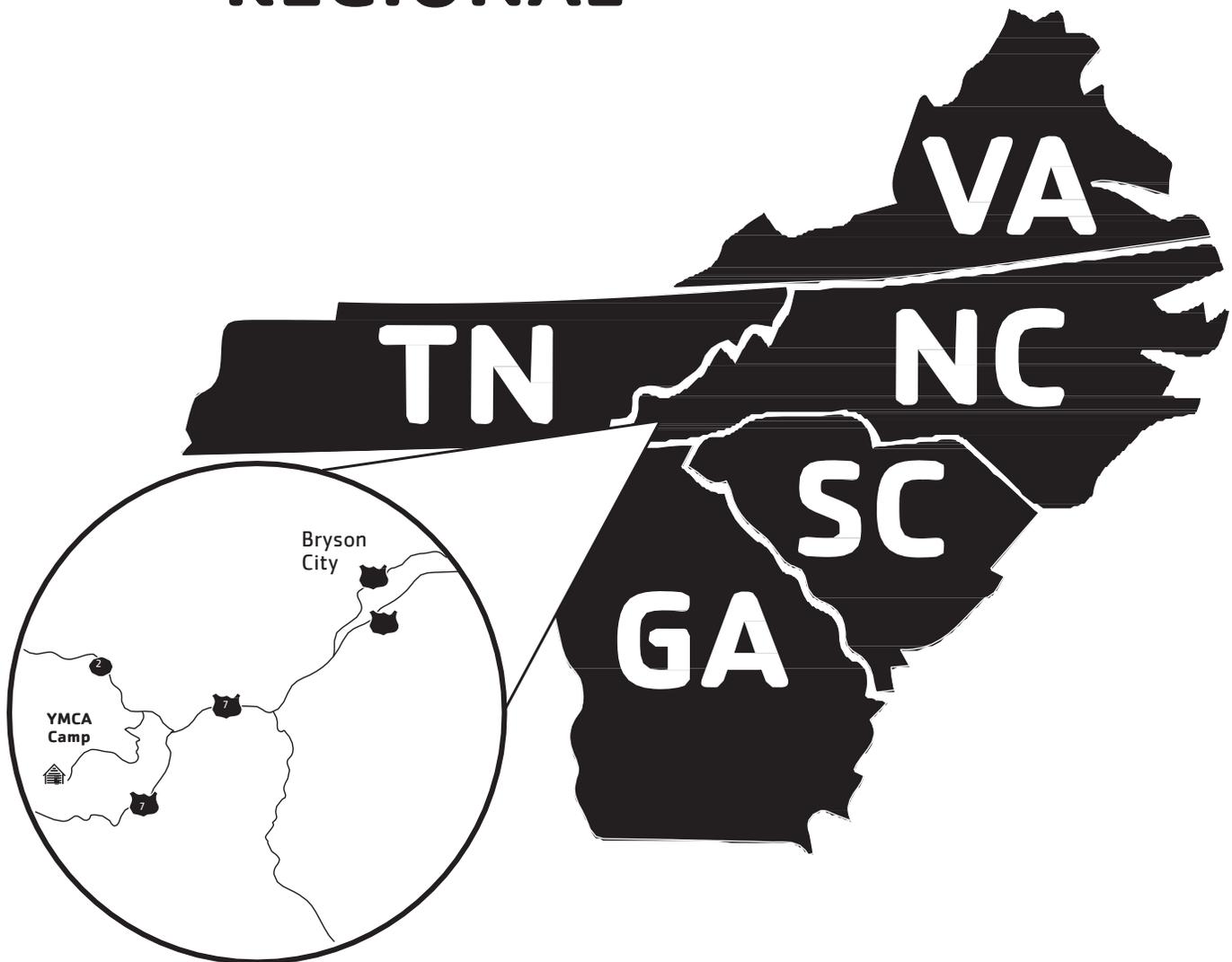
EXAMPLE: YMCA CAMP WATIA
Attn: Camper Name/Camper Cabin
5030 Watia Road
Bryson City, NC 28713

Getting to Camp

Address for GPS or Google Maps:
YMCA Camp Watia
5030 Watia Rd.
Bryson City, NC 28713

Please use caution and follow all posted speed limits while on Watia Road, which has soft shoulders and many sharp turns.

REGIONAL



Lost and Found

While our staff will make every effort to help your child keep track of their belongings, YMCA Camp Watia is not responsible for their personal possessions. Please label all camper belongings. All items left at camp will be kept at the camp office until the end of the camp season. Any unclaimed items will be donated to a local charity.

Allergies

Our camp does not offer any nut products to our campers; however, we do offer sun butter. Please note any food or environmental allergies on your camper's health form.

Inclusion Resolution

We are proud that as a part of the YMCA of Western North Carolina we are an inclusive organization open to all. We welcome all people regardless of ability, age, background, ethnicity/race, faith, gender identity, or sexual orientation. The Y believes that, in a diverse world, we are stronger when we are inclusive, when our doors are open to all, and when everyone has the opportunity to learn, grow, and thrive.

Camp Fees

All fees are due no later than two weeks before your child's arrival at camp. The deposit is not refundable and your child's week will only be reserved upon receipt of these fees. There are no refunds for late arrivals, homesickness, or removal for disciplinary reasons. YMCA Camp Watia accepts cash, Visa, MasterCard, Discover, American Express, and checks. Please note there is a \$25 charge for all returned checks.

Camp Store

The camp store will be open during check-in and checkout each session. We offer great YMCA Camp Watia gear, such as postcards, T-shirts, water bottles, hats, and sunglasses.



Keeping Camp Informed

Please inform us of any changes in your child's life that could affect their stay at camp (illness in the family, divorce/separation, etc.). While we respect every family's privacy, accurate information will allow us to be more sensitive to your child's needs and ensure they have a good time at camp. If you need to update your camper's online forms, please email Ryan Hove at rhove@ymcawnc.org for assistance.

Camper Behavior

The rules and policies of Camp Watia are designed to ensure the safety and well-being of our campers and staff. Please review them carefully and talk to your child about them. We strive to ensure that all campers understand the expectations of camp life. Camp rules will also be discussed as an entire camp and within groups.

The staff of Camp Watia will work very hard to practice positive reinforcement as the primary focus for camper behavior issues. When addressing any campers that are having a difficult time following camp rules and policies, the following steps will be following:

Note: Actions deemed harmful to oneself or another camper are subjected to immediate dismissal.

Step 1: Counselors will address behavior with the camper, helping them understand the rules, and take responsibility for changing their behavior.

Step 2: Senior Staff will meet with the camper to discuss solutions

Step 3: The camper will meet with the Camp Director and parents/legal guardians will be contacted to discuss possible solutions and clear expectations.

Step 4: The camper will be removed from camp without a refund and a parent or guardian will be required to pick up their camper as soon as possible.

PREPARING YOUR CAMPER(S)

A few tips to help your child get ready for the adventure of camp:

- Involve them in shopping for camp
- Pack a favorite personal item, T-shirt, cap, or stuffed animal
- Have them "practice" showering, sleeping over at friends' or relatives' homes
- Talk with them about camp activities they are looking forward to
- Share stories about your first times away from home (stay positive)
- Post a letter to your camper a few days before they depart so it will be there for their first full day at camp

Conversations to help your camper make new friends at camp:

- Every camper is part of a group and as your parent(s), we expect you to cooperate and help out.
- It's completely OK to feel homesick or miss home. Just remember all the fun you're going to have while at camp. If it helps, write us a letter and/or talk with your counselor.
- If you're having a problem, your counselor is there to help you. Don't wait to tell us, you can tell your counselor. Be honest and ask for what you need.
- Cleaning up is part of camp, you do it every day and we expect you to participate.
- There are many new things at camp, and you may not like them all or be as good at some as you are at others. We expect you to try.
- Go about making a new friend or two. If you're shy about meeting someone new, ask what they like, and be a good listener.
- Not everyone has to be your friend, and you don't have to be everyone else's friend. If you have one or two good friends at camp, that's great! We do expect you to be respectful to everybody.
- Have fun and tell us all about it in your first letter home.

Watia Food Drive

We are collecting non-perishable items for our Nutrition Outreach Program! The Nutrition Outreach Program provides healthy food to families in our community who may need food assistance. Please stop by the Healthy Living Mobile Market to learn more about the Nutrition Outreach Programs.

This summer, we will be collecting:

- Brown Rice
- Dried Beans
- Whole Wheat pasta

Help us reach our goal of 1,000 pounds of donated food by dropping off your donation at check in or check out. If you have any questions or are interested in volunteering with the Nutrition Outreach Programs, please email nutrition@ymcawnc.org or visit www.ymcawnc.org/nutritionprograms.

YMCA Camp Watia Swim Test Policy

All participants will be swim tested and given the appropriate necklace, which must be worn at all times while at the waterfront.

GREEN swimmers may swim in deep water if able to:

1. Swim two lengths in swim area
2. Tread water for one minute
3. Jump into water over swimmer's head and resurface

YELLOW swimmers must stay in shallow water. Yellow swimmers are shallow-water competent, meaning they are able to:

1. Swim one length in swim area
2. Tread water for one minute
3. Stand in shallow end of swim area with water level lower than the swimmer's armpits
4. Go underwater, lift feet off bottom of the lake, and comfortably regain footing without assistance

RED swimmers must have a guardian within arms' reach at all times, even if in an approved PFD. Red swimmers are:

1. Unable to complete a green or yellow swim test
2. Not shallow water competent. Shallow water level is higher than the swimmer's armpits

For all swimmers' safety, no child will be allowed to swim without a colored necklace or without a swim buddy.



Packing list

Clothing

- rain jacket
- 2 sets of pajamas
- 7 pairs of underwear
- 2 bathing suits
- 10 pairs of socks
- 7 pairs of shorts
- 7 shirts
- 1 long pair of pants
- 1 sweatshirt

Shoes

- 1 pair of sandals for shower/swimming
- 1 pair of water shoes (optional)
- 1 pair of sneakers/walking shoes

Bedding

- pillow & pillowcase
- sleeping bag
- fitted twin sheets

Toiletries

- 2 bath towels
- 1 beach towel
- 2 washcloths
- shower caddy
- shampoo/conditioner
- soap
- toothbrush & toothpaste
- comb/brush

Other Supplies

- flashlight or headlamp
- day bag/book bag
- water bottle (name clearly marked)
- insect repellent (non-aerosol)
- sunscreen (waterproof)
- swim goggles (optional)
- hat
- laundry bag

Optional fun things to bring to camp

- books
- frisbees
- costumes for Wacky Wednesday
- pre-stamped postcards (to write home)
- inexpensive camera (not a phone)
- beach ball
- journal
- playing cards

DO NOT BRING: Cellphones, handheld gaming devices, mp3 players, tablets, weapons of any kind, pets, alcohol, tobacco products, drugs, animals, fireworks, personal vehicles, or personal sports equipment.