



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEST SUMMER EVER

SHASTA FAMILY YMCA
CAMP MCCUMBER HANDBOOK 2024





**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

TABLE OF CONTENTS

PAGE 3	OUR MISSION Why send your kid to Camp McCumber? Our Goals Our History Our Staff
PAGE 4	OUR PROGRAM Ages Camp Sessions & themes
PAGE 5	ARRIVAL & DEPARTURE FROM CAMP Directions Check-In Information Check-Out Information
PAGES 6 -8	YOUR CHILD'S STAY AT CAMP Cabin groups & Assignments Meals Activities Homesickness
PAGE 9	CAMP COMMUNICATION Letters Packages Delivery Calling Home Contact Information Visitation
PAGES 10	RESPECTFUL BEHAVIOR, EXPECTATIONS, AND RIGHTS Discipline Policy Camp Rules & Policies
PAGE 11	MEDICAL AND HEALTH PROCEDURES Health & Safety Health, Medication, and Accident policy Prescription Medications Over the Counter Medications
PAGE 12	REGISTRATION & FEE INFORMATION Payment Information Cancellation/Refund Policy Fees Financial Assistance Camp Store
PAGE 13	DETACHABLE PACKING LIST



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

OUR MISSION

WHY CAMP McCUMBER?

We provide developmental experiences in fun ways to help young people thrive, build confidence, and become healthy, caring, responsible adults. We believe that camp is an essential experience for all children and families; therefore, we offer financial assistance to those who may qualify. Camp staff help cultivate the values, skills, and relationships that lead to positive behaviors, healthy habits, and educational achievement for our campers.

OUR GOALS

Our camp programs emphasize growth and strengthening character values in all campers. Throughout the program, campers learn more about themselves and how to work as a team in their cabin group. Whether it is playing an all-camp game, learning new skills in an activity session, eating meals in the mess hall, or dressing in costumes, campers form meaningful relationships, try new things, and have tons of fun. At Camp, our number one priority is providing a safe positive camper experience. We believe that campers are most successful when given the opportunity to push themselves out of their comfort zones and discover in themselves resiliency, responsibility, and confidence.

At YMCA Camp McCumber, youth have the opportunity to explore nature, find new talents, try new things, gain independence, and make lasting friendships and memories. Because of Y camps, more young people are taking a greater interest in learning and making better life choices. We believe the values and skills learned early on are vital building blocks for life. Our week-long camp allows children to experience adventures in a safe, caring camp environment. Activities will enhance a camper's self-esteem, confidence, and social skills. Our goal is for campers to leave with a deeper understanding of their potential and a new collection of life-long memories and friends. We are always striving to meet our Campers' needs. We have been excited to see our camper numbers grow over the past years and we cannot wait to see what the future holds for us. This makes for confident kids today and contributing adults tomorrow.

OUR HISTORY

Established in 1953, we have been providing a safe and affordable camping experience for thousands of children and families in the North State. Many things have changed since 1953 but one thing has stayed the same: we are here for youth! Thank you for believing in us and walking with us for the years!

OUR STAFF

Leadership makes the difference! Our caring staff empowers Campers to learn about the world, develop interpersonal skills, and engage in new and creative activities. Camp Directors and Counselors are typically veteran Camp McCumber participants, having been campers and CITs themselves. Cabin groups are supervised by one counselor and up to two CITs. We pride ourselves in finding the finest people to lead and inspire our Campers. Our staff is selected for their desire to work with children and each one undergoes training prior to the beginning of camp. Character reference and background checks are conducted for all positions and all camp staff have extensive experience in camp leadership.

DIVERSITY & INCLUSION STATEMENT

We believe that a strong community is made when we embrace unity, not uniformity, and our camps are open and welcoming to all. Our core values of caring, honesty, respect, and responsibility guide us in everything we do.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUR PROGRAM

AGES

Camper: entering grades 3 – 9

Counselor-in-Training (CIT): entering grades 10-12

Campers

Session I: July 14 – July 20

Session II: July 28 – August 3

CITs

Session I: July 13 – July 20

Session II: July 27– August 3

Contact Information

Shasta Family YMCA (530) 246-9622

Helen Meléndez-Vela, Youth & Staff Development Director

hvela@sfymca.org

Camp Co-Directors

Melissa (Missie) Osborne

Mackenzie Wright

Email: campmccumber@sfymca.org

Camp Phone Number: (530) 474-1614 (during Camp only)



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

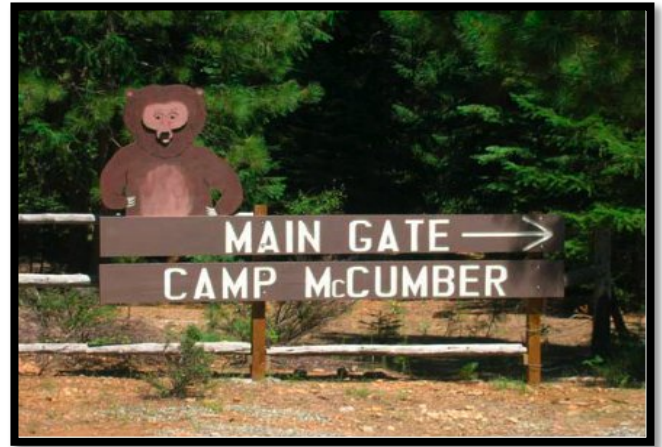
CAMP ARRIVAL & DEPARTURE

35440 Deer Flat Road
Shingletown, California 96088

Camp McCumber is located on Lake McCumber, off Highway 44 East, 7.5 miles east of Shingletown.

DIRECTIONS

From Redding/Palo Cedro: Take 44 East to Shingletown. Turn left at the Lake McCumber sign and keep right. Follow the road past the PG&E Campground at the Dam, until you see the Camp McCumber sign. The main gate is on the left, follow the road into the main parking lot.



From Red Bluff/Cottonwood/Anderson: Take I-5 North to Deschutes Rd. Take exit 667 to Deschutes Road. Keep left on Deschutes Rd. At the roundabout, take the 2nd exit onto Deschutes Rd. Turn right onto Dersch Rd. At the end of the road, turn right onto Highway 44 E. Turn left at Lake McCumber sign and keep right. Follow past the PG&E Campground at the Dam, until you see the Camp McCumber sign. The main gain is on the left, follow the road into the main parking lot.

CHECK-IN INFORMATION (ARRIVAL)

- **Check-in begins promptly at 3:00 pm** on the first day of each camp session. Please do not arrive earlier than 3:00 pm, as staff will not be ready to accept Campers.
- Parents must check in with the Camp Directors to sign in their campers and receive cabin information.
- Each parent should plan to visit the Camp Nurse in order to turn in any medical information and/or medication for your child. Make sure you have completed the Medication Information Section through CampDoc - an electronic health record system for camps to record all non-prescription and prescription medications brought to camp.
- Each parent should meet with the Cabin Counselor and help get your Camper settled.
- Please make sure that the person who will be picking up your child after Camp is listed as an emergency contact. If not, please fill out the Pick-Up Authorization Form.

CHECK-OUT INFORMATION (DEPARTURE)

- **Campers must be picked up at 10:00 am on Saturday;** CITs must be picked up by 12:00 pm on Saturday.
- Please bring a photo ID to pick up. Campers are only released to authorized individuals.
- Please check the lost-and-found located at the Nurse's Cabin before leaving.
- Please pick up any medications brought from home at the Nurse's Cabin.
- Parents **MUST** sign out with the Camp Directors at the Welcome Booth.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR CHILD'S STAY AT CAMP McCumber

EXAMPLE DAILY SCHEDULE

7:00 am	Rise and Shine
8:00 am	Morning Circle
8:30 am	Breakfast
9:30 am	Cabin Clean-up
10:30 am	Open Activities
12:15 pm	Flagpole
12:30 pm	Lunch
1:30 pm	Horizontal Time
2:30 pm	Camp Store
3:00 pm	Open Activities
5:15 pm	Flagpole
5:30 pm	Dinner
6:30 pm	All-Camp Activity
8:00 pm	Campfire
10:00 pm	Lights Out



CABIN GROUPS & ASSIGNMENTS

Cabin groups remain the same throughout the Camp programs. Cabin groups in each cabin are 6 to 8 Campers. One Counselor and up to two CITs are assigned to each cabin group. All Campers have their own bunk and storage area for their comfort. Restrooms and shower houses are separate from the cabin assignment.

Making new friends is an essential part of the camp experience and cabin assignments are the key to creating a positive camp environment. Y Camp Staff places Campers in cabin groups based on the following criteria:

1. An exclusively mutual request made by **two campers** who are in the same grade.
2. Age (less than 12 months apart) or same grade.

If campers more than 12 months apart request to be together, their requests may be honored, but the younger child will be placed in the older child's cabin assignment. Y staff will make every effort to honor special requests for cabin mates, but due to the number of campers registered per session, we do not guarantee placements. Cabin requests must be made during registration, no later than July 1, 2024, to be considered.

MEALS

Nutritious, well-balanced meals are served daily, starting with Sunday dinner on the first day of camp. Please advise us through [PlayerSpace/InCamp](#) if your child has any food allergies or restrictions due to family choice or religion and any appropriate substitution.

HOMESICKNESS

Going away to camp for a week can be a challenging experience for many children. Homesickness is, above all, a normal and perfectly understandable feeling. It is a natural result of a feeling of separation from home comforts and loved family. Short-term separation from parents and learning independence are both important parts of growing up even though it may not always be easy. Many children have some difficulty coping with the changes that come with spending a week away from home. This anxiety is perfectly normal and happens on occasion. Many campers experience one or two days of mild homesickness in the first couple of days which quickly resolves itself, and only a few will experience a prolonged, more intense feeling of missing home.

Homesickness usually displays itself as sadness, crying, and mild anxiety about being away from home. This is easily and quickly managed by our trained staff as they know the signs and have many strategies for alleviating these negative feelings, ranging from 'get to know you' games, one-on-one conversations, writing letters home, as well as creating an exciting and energetic schedule of activities. You may receive a letter early in the session from your camper relaying strong feelings of homesickness during this transitional period. This is perfectly normal and usually no reason to be overly concerned. If you receive a second letter, please feel free to contact the Camp Director.

Another important element of your Camper being away from home is the fact that you will miss them as much as they miss you, and as such, it is very important to be aware of your own emotions and ensure that you do not pass your own anxieties on to your child. For example, instead of saying "I'm really going to miss you", say "I'm looking forward to you telling me about all the fun you've had when you get home". If you have any concerns, your first point of contact should be the Camp Director. You can help by counseling your children prior to camp in order to make the transition easier. Let them know that you have confidence in their ability to be away from family and how exciting it will be to meet new friends. If they are unsure of themselves, let them know how proud you will be of them if they try their best to succeed. Once at Camp, we do not allow campers to call home directly. Often, when a homesick child speaks to someone from home, their homesickness is only made worse. Unfortunately, the same goes for visitation. Instead, we encourage letter-writing both to and from the family. You may even wish to mail a letter a few days prior to the start of Camp to ensure it arrives while your child is at Camp. We train our staff to be caring and empathetic, while at the same time keeping the Campers so busy having fun that hopefully they will forget about their homesickness entirely. While your child is at Camp we will notify you if any concerns arise.



ACTIVITIES

Campers will get to choose activities daily. These activities include, but are not limited to:

Waterfront: Canoeing, fishing, and swimming highlight this perennial favorite. Supervised by a Red Cross-certified lifeguard, organized waterfront activities such as canoe races and greased watermelon, to finish out the week. All Campers and CITs will be swim tested on the first day of camp.

Archery: Our archery range lets Campers take aim.

Arts & Crafts: Special creative crafts such as lanyards, friendship bracelets, fuse beads, and more allow campers to embrace their artistic side! Each day will focus on one main craft activity.

Hiking: Wonderful, age-appropriate hikes are planned to enjoy the natural beauty of the area. Wednesday is hike day, which includes a short hike to a creek with a swimming hole and a sack lunch.

Campfires: We end each night with our evening campfire. Songs, skits, games, jokes, stories, and laughter are rolled into one during this traditional camp program. The week concludes with the very special Counselor Campfire.

Morning Motivation: Focusing on a different Y core values (respect, responsibility, caring, and honesty) each morning, we offer a thought-for-the-day and take in the sights and sounds of our surroundings.

Sports Activities: Campers will enjoy a variety of sports activities, both organized and individually. Activities may include basketball, baseball, soccer, volleyball, tetherball, ping-pong, four-square, kickball and more!

Games: There won't ever be a moment when you DON'T see kids playing a game. Whether it is cards,

tag, obstacle course, kickball, volleyball or lawn games.

Leathers and Raggers Program: Goal-based program is designed to encourage positive life choices.

Cabin Bonding Night: On Monday night, cabin groups choose an activity to do together. This allows for cabin-mates to get to know each other and bond at the beginning of the week.

Evening All-Camp Activity: Each evening is highlighted by an all-camp activity such as Find the Counselor, Rave-on-the Green, a giant relay race, Camp Clue, a scavenger hunt, and/or Color Wars.





FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAMP COMMUNICATION

LETTERS

Encourage your child to write to you by including self-addressed, stamped envelopes in their luggage. Also, a Camper receiving notes from home helps to ensure a safe and secure feeling for them. We recommend you send one to two pieces of mail each session your child is at Camp. Counselors encourage their campers to write home, but they are not required to do so. Please don't be concerned if you do not hear from your child.

PACKAGES

Packages are acceptable to send to Campers. Feel free to send snacks, toys, magazines, books, stickers, and things your child can share with their cabin mates. Campers enjoy receiving fun gifts and snacks (gum is not allowed).

DELIVERY

You can drop off mail at the Shasta Family YMCA before 9:00 am Monday – Friday and Y Staff will deliver it each day, or you can send mail via the postal service. Mail early to ensure the Camper receives it on time.

If using the postal service, please send mail to:

Camper's Name
C/O Shasta Family YMCA Camp McCumber
35440 Deer Flat Road
Shingletown, CA 96088

CALLING HOME

Campers are not permitted to use telephones while at camp. Please DO NOT tell your child that they will be able to make phone calls while here. Promises such as these worsen homesickness and cause behavioral issues.

CONTACT INFORMATION

Camp phone number: (530) 474-1614 (during Camp only)

VISITATION

Every visitor must check in with the Camp Directors or Camp Nurse and obtain a badge.

Although parents may visit their child at Camp any day at any time, these visits can be disruptive to your child's camp routine, schedule, and experience. If you would like to visit, please have a conversation with your child's Counselor or the Camp Directors about a good visiting time. **Please remember that we run on 'camp time', which is one hour behind the normal time**



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

RESPECTFUL BEHAVIORS, EXPECTATIONS & RIGHTS

Attending Shasta Family YMCA Camp McCumber is a privilege that you as a parent/guardian have chosen for your child. All campers and parents must agree to the rules and expectations outlined in this Parent Handbook before attending Camp. This is a good opportunity for you and your child to discuss the positive nature of good behavior not only at Camp but also in other aspects of his or her life. In addition, participating in Y Camp implies consent for YMCA staff to search campers' belongings when there is reasonable suspicion that the Camper has possession of illegal, dangerous or stolen items.

DISCIPLINE POLICY

The Y's Camp McCumbers' Discipline Policy is designed to help children develop self-control and assume responsibility for their actions. Clear and consistent age-appropriate rules and limits are established at Camp. As in any group activity, inappropriate behavior by one or two children can spoil the experience for the entire group. Staff will deal with normal day-to-day behavior issues using acceptable techniques and approaches.

If a child's behavior is chronically disruptive, even after reasonable measures have been made, parents will be contacted by the Camp Director to determine if the child is able to continue at Camp. Staff will always work toward developing a cooperative plan of action to maximize a Camper's chances of success at Camp. The Y believes that an individual program cannot always meet everyone's needs. If disruptive behavior continues, it may be determined that the Camper and the program are not well-suited for each other. The Y takes all forms of bullying seriously and on a case-by-case basis. Campers who cannot follow the camp rules or are adversely affecting the experience of other campers will be dismissed without a refund. In these instances, it is the responsibility of the parents or guardians to pick up their child from camp immediately. Camp Directors reserve the right to determine what constitutes a violation of the rules and will enforce them as necessary.

CAMP RULES & POLICIES

1. The Buddy System will be in effect at all times. The Buddy System requires that a Camper must always be with another Camper.
2. Campers must always communicate to their Counselor or CIT where they are going and what they are doing.
3. Campers may never go into the Waterfront area without supervision. There is to be no water activities or use of the Waterfront without a certified lifeguard present.
4. No Camper may wander off alone or leave the Camp facility area without permission or supervision.
5. Pets and animals are not allowed at Camp.
6. The Kitchen and Staff restrooms/showers are off-limits for use.
7. The Dining Hall is off-limits unless it is mealtime or during supervised use.
8. The Service Road is off-limits at all times.
9. In an emergency evacuation always go to the Main Parking Lot and remain there for instructions.
10. YMCA Staff cannot transport Campers.
11. Under no circumstances may Campers or CITs leave camp nor get into a car with anyone other than the authorized parent, guardian, or other adult authorized by the parent or guardian.
12. Report any strangers immediately. All visitors are required to check in with the Camp Directors or at the Nurse Cabin.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEDICAL & HEALTH PROCEDURES

HEALTH AND SAFETY

Each child's health and safety are closely supervised by Camp staff. The Camp Nurse is available 24 hours a day. Parents will be notified of any serious medical emergency. Camp staff are not allowed to transport campers; in the event of a life-threatening emergency, 911 will be called. Parents/guardians will be called to transport the child for other medical emergencies requiring transportation.

HEALTH, MEDICATION, AND ACCIDENT POLICY

It is our intention to prevent the spread of infections and illness to other children. If the staff becomes aware of a condition involving a child who may be contagious or unhealthy to any of the other participants, it will be brought to the parent's attention and the child must be taken home and may not return to the program until symptom-free for at least 24 hours. Children cannot attend if they are ill.

PRESCRIPTION MEDICATIONS

Medicine may be given if needed for ambulatory illnesses only. Please **DO NOT** send any medication that is not absolutely necessary. Medicine must be accompanied by a signed Medication Authorization Form filled out and signed by the prescribing physician and parent containing the following:

- Date
- Name of child
- Name of medicine
- Amount to be given
- Time of day to be given and how often
- Number of days to be given

All medication is stored and administered by the Camp Nurse and documented. Medication must arrive in the original container from the pharmacy and the information should agree with what is given by the doctor as stated on the Medication Release Form. All medications can only be administered with specific written instructions from the physician and signed written permission from the parent/guardian.

OVER-THE-COUNTER MEDICATIONS

YMCA Camp McCumber provides the following over-the-counter medications or their generic equivalent for occasional use: Tylenol, Motrin, Sudafed PE, Robitussin, Dramamine, Benadryl, Calamine Lotion and Allegra. **Please DO NOT send these medications to Camp with your child.**



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REGISTRATION & FEE INFORMATION

Enrollment is taken on a first-come, first-served basis. Register for Camp McCumber by stopping by the Y or completing online registration at <https://www.sfymca.org/programs/camps/overnight-camp>.

CAMP PAYMENT INFORMATION

A \$100 non-refundable down payment is required in order to register your child for Camp. Your child cannot attend without payment and must have the mandatory forms on file with the Shasta Family YMCA. Full payment of camp fees is due to the Shasta Family YMCA no later than July 1, 2024. The Shasta Family YMCA will not be able to hold reservations for camp, regardless if a deposit has been made, if full payment is not received on or before July 1, 2024. Payments CANNOT be accepted at camp. Camp payments can be made by cash, personal check, MasterCard, Visa, or Discover Card. If a credit card is on file, it will automatically be used to pay any remaining balance on July 2, 2024.

A 10% sibling discount is available.

REFUND/CANCELLATION POLICY

A full refund, less the \$100 deposit (per session, per camper), will be granted if the cancellation is received 30 days before the start of the camp session. **No refunds for cancellations after July 1, 2024.**

FEES

Campers

By May 31

Y facility member: \$630

Community member: \$650

After May 31

Y facility member: \$660

Community member: \$680

Counselor-in-Training

By May 31

Y facility member: \$610

Community member: \$630

After May 31

Y facility member: \$640

Community member: \$660

FINANCIAL ASSISTANCE

Financial assistance of up to 20% is available to those who qualify, subject to available resources. Financial assistance program funds are made available through the Shasta Family YMCA's Annual Campaign. It is our intent that all individuals contribute toward camp fees to some degree. FA applications are available at the Y or online at www.sfymca.org.



CAMP STORE

Campers may visit the Camp Store once per day after Horizontal Time. A suggested \$10 fee allows children to spend \$2 each day. This fee can be added to your camp registration total or paid upon arrival at camp. Unused money at the end of the week is not refunded and will be used towards camp scholarships.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DETACHABLE PACKING LIST

A suggested clothing and equipment list is below.

TIPS

- Make sure to label everything – even socks and underwear.
- Please limit your luggage to one duffel bag, suitcase, or trunk, plus a laundry bag.
- To make your cabin bunk feel more comfortable, feel free to bring a favorite stuffed animal, pictures, a comfy pillow, etc.
- Please leave any valuable or expensive items at home (such as nice clothing, jewelry, electronics, etc.)

SUGGESTED CAMPER PACKING LIST

Please pack appropriately for your child. Modest bathing attire is suggested. Shirts should cover the midriff. **Closed-toed shoes** are required for active camp programs and walking on rough terrain. Clothing with alcohol, drugs, sexual content or inappropriate language will not be permitted.

- | | |
|---|---|
| <input type="checkbox"/> blanket & sleeping bag | <input type="checkbox"/> comb/brush |
| <input type="checkbox"/> pillow & pillow case | <input type="checkbox"/> toothbrush & toothpaste |
| <input type="checkbox"/> 1 laundry bag | <input type="checkbox"/> shampoo/conditioner |
| <input type="checkbox"/> 1-2 bath towels | <input type="checkbox"/> sunblock |
| <input type="checkbox"/> 7 short sleeve shirts | <input type="checkbox"/> bug spray |
| <input type="checkbox"/> 3 long sleeve shirts | <input type="checkbox"/> flashlight & extra batteries |
| <input type="checkbox"/> 3-4 shorts | <input type="checkbox"/> postcards & stamps with addresses |
| <input type="checkbox"/> 2-3 jeans/long pants | <input type="checkbox"/> pencils/pens |
| <input type="checkbox"/> 7 pairs underclothes | <input type="checkbox"/> reusable water bottle |
| <input type="checkbox"/> 1-2 heavy sweaters/jackets | <input type="checkbox"/> 2 pairs pajamas |
| <input type="checkbox"/> 2-3 sweatshirts | |
| <input type="checkbox"/> 9 pairs of socks | OPTIONAL (bring them if you have them) |
| <input type="checkbox"/> hat or cap | <input type="checkbox"/> camera (inexpensive or disposable) |
| <input type="checkbox"/> 2 bathing suits | <input type="checkbox"/> book |
| <input type="checkbox"/> 2 pairs sneakers | <input type="checkbox"/> glow-in-the-dark items |
| <input type="checkbox"/> water shoes | <input type="checkbox"/> costumes |
| <input type="checkbox"/> soap & soapbox | |

Campers are NOT permitted to bring the following: cell phones, electronics, knives, weapons, fireworks, pets or animals, money, alcohol/drugs, cigarettes, gum, or ice chests. Cell phones are a distraction, can get lost or stolen, as well as there is internet access, which can be hard to monitor. If a Camper needs access to a phone, they can see their CIT or Counselor.

The Shasta Family YMCA is not responsible for lost/stolen/damaged gear. Please avoid bringing anything to Camp that cannot be replaced. We recommend not sending brand new clothes. Lost-and-found will be displayed on the last day of Camp at the Nurse's Cabin. We will hold lost and found items at the Shasta Family YMCA for only one week after the session ends.