



**YMCA CAMP
LAKEWOOD**



2024 PARENT HANDBOOK

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Dear Parents/Guardians:

Welcome to YMCA Camp Lakewood overnight camp! Whether you are returning for another year of camp or signing up for the first time, you and your child will find fun and exciting opportunities offered in this year's summer camp program.

YMCA Camp Lakewood is where kids come to have fun, learn new skills, make new friends, and simply be a kid. Your camper will make friends and learn skills while discovering the ultimate childhood experience, all within a safe and trusted environment.

With a 300-acre lake, over 4,000 acres of forest-covered hills, caves, creeks and more, there are many opportunities for nature exploration and experiential learning at Camp Lakewood. Whether it's campfires, swimming, archery, climbing towers, zip lines, sports, canoeing, cookouts, fishing, kayaking or a multitude of camp games, every camper delights in waking up with a renewed sense of excitement as to what each day at camp will bring.

The health and safety of each camper is our primary concern. All staff are trained in skills that emphasize safety, youth development, and group dynamics. Each counselor is trained in CPR and First Aid, and lifeguard certified staff closely supervise all water activities. A medical professional is always available in our well-equipped camp health center, and our local physician is on call to assist in emergencies.

What does it mean when everyone at Camp Lakewood says it's "My Camp!?" It means every one of our campers has a home away from home and a special place where they can try new things without judgment. It means every camper has a place where they have friends and where they feel safe, happy, and wanted. It means every camper has a camp - their camp - and they know the camper sitting next to them feels the exact same way. It means they are an important part of YMCA Camp Lakewood. So when asked, "Whose camp is this?" we are excited to hear them say "My Camp!"

On behalf of the YMCA staff, thank you for choosing YMCA Camp Lakewood. We look forward to a great summer with your kids!

Sincerely,

YMCA Camp Lakewood Staff



SESSIONS AT A GLANCE

Theme	Programs Offered	Add-Ons Available
Session 1: Sunday June 2-Friday June 7		
WILD, WILD WEST	Adventurers, Explorers, Pathfinders, Junior Rangers, CIT (week 1 of 4)	Activities - Advanced Arts & Crafts, Horsemanship, Ceramics; Check-Out - Weekend Stayover, Return Transportation
Session 2: Sunday June 9-Friday June 14		
MAD SCIENCE	Adventurers, Explorers, Pathfinders, Rustic Engineering Rangers, Equestrian (ages 11-12), CIT (week 2 of 4)	Activities - Advanced Arts & Crafts, Horsemanship, Ceramics; Check-Out - Weekend Stayover, Return Transportation
Session 3a: Sunday June 16-Friday June 21		
AQUA ADVENTURE	Adventurers, Explorers, Pathfinders, Junior Rangers, Equestrian (ages 13-16), LIT (week 1 of 2), CIT (week 3 of 4)	Activities - Advanced Arts & Crafts, Horsemanship, Ceramics; Check-Out - Weekend Stayover, Return Transportation
Session 3b (Mini Camp): Sunday June 16-Wednesday June 19		
AQUA ADVENTURE	Mini Adventurers, Mini Explorers	not available this session
Session 4: Sunday June 23-Friday June 28		
TIME TRAVELERS: CELEBRATING 75 YEARS OF CAMP LAKEWOOD	Adventurers, Explorers, Pathfinders, Hiking Rangers, LIT (week 2 of 2), CIT (week 4 of 4)	Activities - Advanced Arts & Crafts, Horsemanship, Ceramics; Check-Out - Weekend Stayover, Return Transportation
Session 5 (Mini Camp): Sunday June 30-Wednesday July 3		
SUPERHEROES & SIDEKICKS	Mini Camp, Mini Adventurers, Mini East Camp, Ranch Camp	not available this session
Session 6: Sunday July 7-Friday July 12		
HOLIDAYS IN THE OZARKS	Adventurers, Explorers, Pathfinders, Ozark Adventure Rangers, Equestrian (ages 11-12), CIT (week 1 of 4)	Activities - Advanced Arts & Crafts, Horsemanship, Ceramics; Check-Out - Weekend Stayover, Return Transportation
Session 7: Sunday July 14-Friday July 19		
Y-LYMPICS	Adventurers, Explorers, Pathfinders, Survival Rangers, CIT (week 2 of 4)	Activities - Advanced Arts & Crafts, Horsemanship, Ceramics; Check-Out - Weekend Stayover, Return Transportation
Session 8: Sunday July 21-Friday July 26		
SURVIVING THE SAFARI	Adventurers, Explorers, Pathfinders, Canoeing Rangers, LIT (week 1 of 2), CIT (week 3 of 4)	Activities - Advanced Arts & Crafts, Horsemanship, Ceramics; Check-Out - Weekend Stayover, Return Transportation
Session 9: Sunday July 28-Friday August 2		
ALL AROUND THE WORLD	Adventurers, Explorers, Pathfinders, Junior Rangers, Equestrian (ages 11-12), LIT (week 2 of 2), CIT (week 1 of 4)	Activities - Advanced Arts & Crafts, Horsemanship, Ceramics; Check-Out - Weekend Stayover, Return Transportation
Session 10 (Mini Camp): Sunday August 4-Wednesday August 7		
RAIDERS OF THE LOST CAMP	Ultimate Mini Camp, Ranch Camp	not available this session

OUR AREAS OF FOCUS

Ys offer the programs we do for a reason. Young people need safe and enriching environments to try new things, develop skills, meet new people and show what they're capable of doing. Achieving and maintaining health in spirit, mind and body makes for a rich life. Giving back to neighbors and those in need is our responsibility as neighbors, colleagues and citizens. The Y defines our areas of focus – the programming you're part of everyday – like this:

Youth Development: Nurturing the potential of every child and teen

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

Healthy Living: Improving the nation's health and well-being

In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, millions of youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

Social Responsibility: Giving back and providing support to our neighbors

The Y has been listening and responding to our communities' most critical social needs for more than 175 years. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, or preventing chronic disease and building healthier communities through collaborations with policymakers, the Y fosters the care and respect all people need, and deserve. Through the Y, 500,000 volunteers and thousands of donors, leaders and partners across the country are empowering millions of people in the U.S. and around the world to be healthy, confident, connected and secure.

CAMP DEFINITIONS

- **Traditional Camp** - 5-night camps that run Sunday-Friday (available Sessions 1-4 & 6-9)
 - **Adventurers** - Traditional campers ages 8-10; stay in Main Camp cabins
 - **Explorers** - Traditional campers ages 11 & 12; stay in Main Camp cabins
 - **Pathfinders** - Traditional campers ages 13-16; stay in East Camp cabins
- **Rangers** - 5-night camps that run Sunday-Friday with a focus on essential wilderness skills (available Sessions 1-4 & 6-9); includes Junior Rangers, Rustic Engineering Rangers, Hiking Rangers, Ozark Adventure Rangers, Survival Rangers, and Canoeing Rangers; stay at outpost camp sites (some programs may travel offsite)
- **Equestrian Camps** - 5-night camps that run Sunday-Friday with a focus on horse handling and riding skills (available Sessions 2, 3, & 9; **NEWLY ADDED!** Equestrian Session 6 for 11 & 12 year olds); 11 & 12 year olds stay in Main Camp cabins, 13-16 year olds stay in East Camp cabins
- **Mini Camps** (Mini Camp, Mini Adventurers, Mini Ranch Camp, Mini East Camp, and Ultimate Mini Camp; **NEWLY ADDED!** Mini Session 3b) - 3-night camps that run Sunday-Wednesday



(available Sessions 5 and/or 10); Mini Camp, Mini Adventurers, 8-12 year old Ultimate Mini, and Mini Session 3b Campers stay in Main Camp cabins, Mini East Camp, Mini Ranch Camp, and 13-16 year old Ultimate Mini Campers stay in East Camp cabins; due to the nature of these introductory camps and shortened schedule, Mini Camp activities will vary from the Traditional Camp schedule and not all activities will be available

- **Extra Activities** - optional specialized activities campers may sign up for in advance including Advanced Arts & Crafts, Horsemanship, and Ceramics (available to Traditional Campers)
- **Weekend Stayover** - campers attending consecutive sessions can opt to stay over between sessions (available after Sessions 1-3a & 6-8)
- **Transportation** - campers return to South County YMCA by bus at the end of their session (available after Sessions 1-4 & 6-9, Mini Session 3b not included)
- **Leader-in-Training (LIT)** - 2-week experience designed to mold future leaders (available Sessions 1-2 & 6-7); must have completed sophomore year of high school; stay in Leadership Village (program may travel offsite)
- **Counselor-in-Training (CIT)** - 4-week highly rigorous program that takes a look into what it takes to become a counselor at YMCA Camp Lakewood (available Sessions 1-4 & 6-9); interested campers must complete an application, interview, and reference check; candidates must have completed their junior year of high school; stay in Leadership Village (program may travel offsite)
- **Cabin Counselor** - the heart of camp!; oversee cabins and supervise campers; stay in-cabin with campers; Camp Lakewood follows all American Camp Association supervision guidelines meaning there are typically 2-3 counselors for every cabin of 10-14 campers
- **Program Counselor** - specialized counselors who instruct programs in our Program Areas of Excellence: arts & crafts, equestrian, leadership, outdoor education, target sports, and waterfront
- **Support Staff** - skilled summer leadership staff who model enthusiasm, support counselors, and design and direct camp programs; includes Assistant Program Managers, Unit Managers, Behavioral Specialists, Marketing Specialists, and Camp Health Aid
- **Activities** - campers will have a mix of scheduled programmed cabin activities and choice activity clinics; our activity structure is designed to be progressive with opportunities for ages 6-17 that grow along with them; as campers grow and progress through the Traditional Camp units, they are offered more choices of clinics
 - **Programmed Cabin Activity** - campers will participate in pre-set activities as a group with their counselors in each of our Program Areas of Excellence
 - **Choice Activity/Clinics** - Traditional campers and Junior Rangers will participate in choice activities throughout the week, picking 1, 2, or 3 clinics daily depending on their program/unit
 - **Smorgasbord** - time of day when all campers have a free choice activity; trail rides and camp store visits may occur at this time; swimtime offered daily
 - **Unit Activities** - campers will participate in activities with their unit or program such as a cookout, games, overnight, and reflection
 - **All Camp Games** - each week campers will play all-camp games such as Capture the Flag and additional themed games

YMCA CAMP LAKEWOOD TRADITIONS

In 2024, we are celebrating our **75th summer camp season at YMCA Camp Lakewood**. With our long and rich history comes many traditions.

- *First Day of Camp*
 - **Opening (Crazy) Campfire** - campers are encouraged to bring costume pieces or crazy clothing to wear to Opening Campfire
 - **Utensils Optional Spaghetti Dinner** - a fun and silly tradition that helps to establish new friendships and provide a kick off to the fun campers will have a week
- *Last Night of Camp*
 - **Closing Campfire** - Closing Campfire is a time to reflect on program specific activities and share how campers exemplified the values of YMCA Camp Lakewood during the week
 - **Program specific ceremonies** - Pathfinders, LITs, and CITs have a longstanding tradition of closing ceremonies unique to their program and accomplishments during their time at camp
 - **Camper Recognition** - 3rd year campers are recognized with a challenge coin, 5th and 7th year campers are recognized on our Star Wall in the Lakewood Lodge, and esteemed 10 year campers have attended camp almost every year they are eligible (this information is collected during the registration process when parents input how many years, including this year, their campers have attended Camp Lakewood)
- *Weekly*
 - **Evening Embers, Reflection, and Teen Talks** - discussion based time at camp to share, reflect, and bond
 - **World Service** - supporting the powerful work taking place at Ys worldwide, which often operate in challenging environments
- *Camp Songs*
 - **"Mr. Moon"** - the first song sung at Opening Campfire
 - **"Welcome to the Family"** - sung as campers leave Opening Campfire, welcoming them to the Camp Lakewood family
 - **"Linger"** - sung as campers process to Closing Campfire
 - **"Country Roads"** - the Camp Lakewood rendition of John Denver's "Country Roads" reflects on the memories made and the anticipation of returning down the *country roads* back to camp next summer
 - **"Flicker"** - sung as campers leave Closing Campfire
 - **Unit Cheers** - campers in each unit learn cheers to show unit pride
 - **Traditional Camp Songs** - traditional camp songs are sung throughout the week

CAMP LOCATION

Camp Lakewood is located 10 miles west of Potosi, MO, an hour and a half south of St. Louis, one hour east of Rolla, and two hours north of Cape Girardeau. The Camp Lakewood entrance is 1.2 miles north of the main Trout Lodge entrance.

YMCA of the Ozarks | Camp Lakewood and Trout Lodge

13528 State Highway AA, Potosi, MO 63664



PROGRAM STANDARDS

CAMP PHILOSOPHY

YMCA Camp Lakewood seeks to provide each child with enriching, creative, recreational activities that enhance self-esteem and lifelong learning.

MISSION STATEMENT

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

VISION

The Y commits to the spiritual, mental, and physical growth of all children and teens in the Gateway Region.

YMCA VALUES

Caring - The heart to put others before yourself

Honesty - To act in such a way that you are worthy of trust

Respect - The golden rule to value the work of every person including yourself

Responsibility - To be accountable for your behavior and obligations

Spiritual Emphasis: We welcome campers of all faiths to our camp, with the understanding that assemblies, campfires, and graces at meals are non-denominational. Evening Embers provide opportunities for campers to discuss spiritual, moral, and introspective matters on an informal basis.

The Y is an inclusive, family-friendly organization. We expect all our campers, camp families, and guests to model our values, caring, honesty, respect and responsibility in their conduct and language. The Y has the right to deny camp registrations or participation in programs and to terminate or suspend existing individual or family memberships or participation in all Y programs or activities at our sole discretion if actions or behaviors are not deemed to be in the best interest of the organization. If a registration, membership, or program is terminated or suspended, all fees already paid will be forfeited. The Y has sole discretion to reinstate members and participation privileges in Y programs and activities. **If a camper is released from camp due to behavior or misconduct, their participation in all Gateway Region YMCA programs will be suspended for one year.**

OUR GOALS

- To develop positive character traits including caring, honesty, respect, responsibility, and faith.
- To improve family relationships through better intra-family understanding, and appreciation of each other's needs and abilities.
- To develop life-long recreational skills and knowledge for wholesome use of leisure time. This includes the ability to take safe risks.
- To develop awareness of one's body, its functions, and positive health practices one might use in daily living.
- To foster an understanding of international cultures. By fostering this international understanding, we hope campers will gain appreciation of our country, and a desire to make an impact on other countries around the world.
- To develop an understanding, appreciation and stewardship towards the natural world.
- To increase appreciation for living in a healthy community.
- To foster self-confidence & independence.



ACCREDITATION

YMCA Camp Lakewood is accredited by the **American Camp Association (ACA)**. ACA Accreditation means we undergo thorough peer evaluations of our operation - from staff qualifications and training to emergency management. Evaluations are based on the most up-to-date, research-based standards in camp operation.

The Gateway Region YMCA and YMCA Camp Lakewood have been awarded **Praesidium Accreditation®** by Praesidium, the leader in abuse risk management. Praesidium Accreditation® is a prestigious honor that publicly demonstrates the organization has worked to achieve the highest industry standards in abuse prevention.

To achieve Accreditation, the YMCA underwent a rigorous process to implement Praesidium's Accreditation Standards focusing on eight primary operational areas within their business: policies, screening and selection, training, monitoring and supervision, consumer participation, internal feedback systems, responding, and administrative practices. Praesidium then verified the YMCA's successful implementation of these standards.

PROGRAM/ACTIVITIES

All programs and activities vary by session and are subject to change. Campers will participate in program activities in each of our six areas of excellence: arts & crafts, equestrian, leadership, outdoor education, target sports, and waterfront.

Horseback Riding: Mini Camp will have the opportunity for pony rides. **NEW this year!** All Traditional campers (Adventurers, Explorers, and Pathfinders) will have the opportunity for a trail ride *included in the cost of camp*. Campers confirmed for Ranch Camp, Equestrian, Horsemanship, and trail rides are required to bring long pants and hard-sole shoes with a heel to wear while riding (tennis shoes are acceptable).

Waterfront: All campers will take a swim test upon arrival and be placed in their appropriate swim band level.

Advanced swimmers (green band): Swim (using breaststroke or freestyle/front crawl) for 50 yards then tread water for 2 minutes.

Intermediate swimmers (yellow band): Swim (using breaststroke or freestyle/front crawl) for 25 yards then tread water for 1 minute.

Non-swimmers (blue band): Declined to take the skills test or did not pass the skills test. Campers will have the chance to retake the skills test.

Each swim band level will be able to swim in a section of the waterfront appropriate for their abilities. Each band level will also have a water toy or element they have access to such as slides and inflatables. **RETURNING this summer!** Inflatables will be back at the Camp Lakewood waterfront for advanced swimmers. Life jackets are required for the inflatable waterpark and some other activities, such as small craft and pontoon boat activities. Non-swimmers are required to wear life jackets in any water over 3ft. Certified lifeguards are always on duty during swim times. Campers will have the opportunity to swim during Smorgasbord.



Camp Store: Camp store funds can be uploaded to your online account. Do this in advance to speed up the check in process. Campers are not allowed to have or use cash at camp. The Country Store has a wide variety of items including t-shirts, hoodies, water bottles and much more. Prices range from \$2-\$50. Campers will be allowed to visit the Country Store once during their camp stay to make their purchases. The Country Store is also open during check-in and check-out days. Participation in the Camp Store is purely optional. Please be aware that if no money is deposited into your camper's account, they will not be allowed to purchase any items. If your child's camp store account balance is \$25 or under, unspent money will be donated to our Campership fund. Balances over \$25 can be donated or refunded. Refunds will be processed 7-10 business days after the conclusion of your camper's session. If your camper is staying for multiple sessions, their remaining balance will not be refunded until after their last session.

YMCA World Service contribution (\$2) will be deducted from this account as well. World Service is an important aspect of our mission. This money is used to support YMCA Camp Lakewood's commitment to causes in both our local community and abroad.

Overnights/Cook Outs: All traditional campers (Adventurers, Explorers, and Pathfinders) will experience an overnight/cook out while attending 5-night sessions. Campers will packout their dinner, cook over a fire, and may sleep under the stars. Younger campers will be introduced to the overnight experience while remaining closer to their cabin while older campers may canoe or hike to the other side of the lake to a remote campsite. *Sleeping bags are recommended for overnights.*

Birthdays at Camp: We celebrate birthdays by having the counselors perform a special ceremony called "The Order of the Spoons," and the camper receives a celebration cupcake.

Offsite Trips: Some programs travel offsite, including LITs, Rangers, and CITs. Ratio of counselors to campers will remain the same as in camp. Parents may request a phone call from camp staff when their camper returns onsite by emailing camplakewood@gwrymca.org.

SAMPLE TRADITIONAL CAMP SCHEDULE

Activities may vary by unit and session. Rangers, Equestrian Camp, Mini Camps, LIT, and CIT programs will each have their own unique schedule. Due to the length of Mini Camps, not all activities will be available for Sessions 3b, 5, and 10. For more information on these programs, contact the Camp Director at 573-438-2155.

7:00 am: Wake Up

7:45 am: Morning Flag

8:00 am: Breakfast

9:00 am: Clinic 1

10:30 am: Clinic 2

12:00 pm: Lunch and Siesta

2:00 pm: Clinic 3

3:30 pm: Grab n' Go Snacktime

4:00 pm: Smorgasbord

5:45 pm: Evening Flag

6:00 pm: Dinner

7:00 pm: Evening Activity

9:00 pm (Main Camp) / 10:00 pm (East Camp): Lights Out



CAMP LAKEWOOD STAFF & VOLUNTEERS

Meet the Camp Lakewood staff at <https://gwrymca.org/locations/ymca-camp-lakewood/meet-our-staff>

Summer Staff: Camp Lakewood and Trout Lodge employ over 100 staff for the summer camp program. Through a rigorous selection process, we offer our campers the best role models from around the nation and around the world. We have a 50-60% staff retention rate, including applicants who have gone through our Counselor-in-Training (CIT) Leadership program. Through international camp counselor programs, we select a number of international staff from all over the world who share our mission.

Once the applications are in, the selection process begins: studying applications, giving interviews, and performing state and national screening processes. It is this rigorous and competitive process that guarantees campers a fun, educational, and very safe summer camp experience. If you know of an exceptional young adult who loves working with children, please feel free to refer them to us!

Professional Staff: Our professional staff team consists of directors and other full time staff who support our programs year round. Professional staff, including the Camp Directors and Medical Director, live onsite and are available 24/7.

- Staff is carefully and thoroughly screened on an annual basis. This includes criminal, sex offender and child abuse screenings.
- Staff receive at least 1 week of training in diverse topics to enhance their ability to provide a unique and high quality camp experience for your child.
- Training topics include but not limited to: CPR, First Aid, Child Abuse Prevention, Child Development, Behavior Management, Bullying Prevention, Working With Children With Disabilities, Developmental Assets, Emergency Preparedness, Effective Communication, and Developmental Age Appropriate Curriculum Planning.
- Our staff consists of full time directors and senior directors, program managers, support staff, cabin counselors, program counselors, and camp nurses.
- Volunteers may be a part of the program and must maintain and meet the same requirements as Y staff.
- Staff members and volunteers are prohibited from relating to children in non-Y activities, such as babysitting or weekend trips.
- YMCA Camp Lakewood and Trout Lodge staff will be identified by a Y badge and uniform t-shirt.
- Staff and volunteers will be alert to the physical and emotional state of all children and any sign of injury or suspected child abuse.
- Y staff are state mandated reporters of any suspicion of child abuse/neglect. We will follow our YMCA and state policies and procedures. **The YMCA is a ZERO Tolerance child abuse/neglect agency.**
- Our team includes staff who are certified in Mental Health First Aid, CPR and First Aid, Lifeguarding, Certified Praesidium Guardians, amongst other certifications.



ENROLLMENT/REGISTRATION PROCESS

REGISTRATION FORMS

Registration and a non-refundable deposit of \$200 per session per child secures your camper for the program.

Register Online: All registrations and forms are to be completed online. Go to gwrymca.org/camplakewood and click the "Sign Up or Access Account" button.

Parent Forms: All forms are to be completed at least 4 weeks prior to your camper's arrival. Forms can be found on your online registration account. Camper's files will be kept confidential and viewed only by the YMCA staff or official state representatives, parents or legal guardians and those persons so authorized by parents or legal guardians (after completing the required authorization/notarized forms). Per YMCA regulations, camper's files will be retained and remain property of the YMCA.

Completing forms on time will expedite your check-in process.

By completing your camper's registration forms, you are certifying that you have fully and completely disclosed any and all information regarding your child and their need for and instructions for taking medication or physical testing of any type, or receiving first aid or other medical attention. You understand that the Gateway Region YMCA is relying solely on you and your child's physician's written instructions, acknowledging that the YMCA Program is a recreational program and not designed for medical care of children. You acknowledge that if your child has any medical complications or events during the time they are at YMCA programs, the YMCA is to contact 911 for medical assistance.

Health Exam: MUST BE COMPLETED WITHIN 24 MONTHS PRIOR TO CAMP, AND INCLUDE A PHYSICIAN'S SIGNATURE. We will accept your doctor's physical exam; it is not necessary to use our form.

NOTE: SIGNATURE BY A LICENSED PHYSICIAN AND PARENT IS REQUIRED FOR CAMPER TO ATTEND CAMP. For the safety of everyone at camp, campers without the above signatures will be sent home until signatures can be secured.

Changing Sessions: Should it be necessary for you to change your child's session, you must contact Camp Lakewood at least 4 weeks prior to arrival. There is a \$45 charge for any session change.

INCLUSION SERVICES

Welcome to Inclusion & Adaptive Support Services. Whether you're a returning or first-time YMCA Camp Lakewood participant, fostering a supportive and enriching environment for children with diverse abilities is the primary focus of inclusive and adaptive programs. The Gateway Region YMCA provides trained staff and accessible spaces to help ensure camp opportunities for every child. When you register online for YMCA Camp Lakewood, indicate any needs your child may have, then Camp Lakewood will email you more information and the required forms.

Key Points to Note:



- Registrations are processed based on the order of receipt at YMCA Camp Lakewood and subsequently by the Gateway Region YMCA Inclusion & Adaptive Support Services department.
- To avoid delay in the registration process, provide all requested documents completed in full.
- Allow at least two weeks for processing, especially during peak registration.
- Your child's session registration depends on the staffing and capacity situation at camp, regardless of their support needs.
- We securely handle information per HIPAA guidelines.
- We may request additional information.

The Gateway Region YMCA is committed to serving individuals without discrimination based on race, color, religion, national origin, sex, disability, age, military or veteran status, sexual orientation, gender identity, or any other legally protected factor. Our goal is to provide inclusive opportunities for all community members in our programs. While we make every effort to accommodate, there may be situations where a child's needs exceed the scope of our recreational, and non-therapeutic programs.

YMCA Camp Lakewood welcomes participation by children of all abilities. Every effort is made to provide reasonable accommodation; however, there may be instances where a child's needs may exceed the parameters of the scope of our program.

A current support plan and YMCA Inclusion packet must be turned in prior to the start of camp. This process is done yearly. Children who have an IEP/504/BIP/ISP or other support plan are required to have that information on file, and updated yearly. This paperwork must be on file and fully processed before the camper can attend. **Registration will NOT be considered final until all required processes have been met and all documents reviewed.** Due to the number of children we serve, it can take up to a minimum of two weeks for the Inclusion/Adaptive Support Department to process this paperwork from the time it is received from YMCA Camp Lakewood. Your child's session registration is dependent on YMCA Camp Lakewood's staffing situation, after the paperwork has been processed through the Inclusion/Adaptive Support Services Department. All paperwork is appropriately secured according to HIPAA guidelines. Children who require additional support will be provided that support and placed in their age appropriate chronological age group. All children are held to the same behavior management guidelines. Inclusion forms can be obtained on your online account. For more information please reach out to the Inclusion/Adaptive Support department at inclusionservices@gwymca.org.

The following documents will be sent to your online account once we receive your child's registration:

- Inclusion Services Information Form
- Information Release Form
- Medical Verification Form (completed by your child's physician)
- Regional Center/Department of Mental Health (DMH) Verification Form (if applicable, completed by Regional Center case manager)

We are also required to have on file a copy of the *complete IEP*. This completed packet with supporting documentation is to be returned to YMCA Camp Lakewood office, a copy will be forwarded to our Inclusion Services Department. They will do the necessary support assessment.

Paperwork needs to be turned in **FOUR WEEKS** IN ADVANCE of your camper coming to camp.

Please note, extra support is not always recommended, but the inclusion paperwork and specialized documents we receive from you will only help make sure your child is successful at our camp.

These documents will help our resident Behavioral Specialist in choosing the counselor and cabin for your child or if any behavior or emotional issues arise at camp. We remain in HIPAA compliance, and



information is shared on a “need-to-know-basis”. Although every effort is made to provide reasonable accommodations, there may be instances where a child’s needs may exceed the parameters of the scope of our program. Our physical setting of hilly country and rocky area makes it difficult to have campers with extreme physical limitations.

CABIN ASSIGNMENTS

Summer camp is an opportunity for kids to have the time of their lives while making new friends or reconnecting with old ones. Making new friends is a benefit of camp and we encourage campers to get to know as many campers as possible. Our bunk size gives everyone a chance to create a lifetime of fun memories with new friends. There are plenty of opportunities for friends to see each other throughout the day. Individual beds cannot be reserved and are assigned on a first-come basis on check in day.

Cabinmate requests ARE NOT GUARANTEED and must be entered at least **two weeks** before the start of the session in order to be honored. Mutual cabinmate requests are honored whenever possible and are requested through online registration. The campers must be the same sex, in the same unit and program, and ages be within 12 months of each other. Cabinmate request preferences are limited to one request per camper, and each child **MUST** request each other in order to be placed in cabins together.

Cabins hold from 10 to 14 children. If you would like to book an entire cabin so that a group of friends may all be together, please inquire about availability.

If your camper stays for multiple sessions, there is a possibility they may move cabins. This is due to the age and number of campers in that session. Counselors will help your camper move and set up their belongings. The office will call you and let you know where you will pick up your camper on check-out day.

UNITS

While attending Traditional Camp, CIT, and LIT programs (Sessions 1-4, 6-9), campers are divided into cabins based upon their age. Depending on the camper’s age and program, their cabin will be in one of four units: Adventurers, Explorers, Pathfinders, or Leadership.

FEE INFORMATION

PROGRAM FEES

CAMP FEES ARE DUE MAY 1. Your entire deposit is applied to your child’s program fees. Failure to make payment could cancel the registration and advance another camper from the waiting list. IF YOUR DEPOSIT WAS PAID BY CREDIT CARD, THE BALANCE WILL AUTOMATICALLY BE CHARGED TO YOUR CARD ON MAY 2 and a 3% credit card fee will be charged. Payment in full may be made earlier by check to eliminate credit card charge. Please allow five (5) business days for mail. For registrations completed after May 1, payment will be due in full.



CAMP CANCELLATION

All camps are subject to cancellation due to low registration enrollment. Refunds/credits issued if Camp Lakewood cancels the program. If you withdraw from a program, a refund/credit (minus deposit) will be issued if requested in writing and received by the camp registrar four weeks prior to camp starting.

REFUNDS

- The registration deposit is not refundable under any circumstances. No refunds will be issued unless cancellations are made at least four weeks prior to arrival.
- When campers are unable to attend a program due to physical problems, fees for programs will be refunded if a doctor's note is provided. Refunds after a camper has already arrived at camp will be made on a prorated basis for the unexpired portions of the session, minus any transportation costs. Refunds are prorated for nights, not days. If the camper has received a scholarship or discount, this will apply to the remaining days of the camp session.
- Children sent home for homesickness or disruptive behavior are not eligible for refunds. Campers with psychological conditions that, in our opinion, deem a child unfit for the camp experience will not receive a refund.

FEE PAYMENT

- A camper from the waitlist will be placed in an open slot if that slot has been forfeited. Parents/Guardians will be notified if/when a spot becomes available.
- The person who registered and agrees to policies and procedures will be the designated person responsible for paying fees, receiving receipts, and be allowed to make inquiries about billing information.
- A variety of payment options are available for your use: credit cards, checks (made payable to YMCA Camp Lakewood), or cash (only accepted at YMCA Camp Lakewood office).
- There will be a \$25 process fee for returned checks.

DISCOUNTS & PRICING OPTIONS

YMCA Member Discount: Holding a Y Household Membership to the YMCA will provide reduction of program fees besides all the added benefits of being a YMCA member. Members receive \$100 off Sessions 1-3 or \$45 off Sessions 4-10.

Military Discount: Military families are eligible for a 20% discount on program fees at YMCA Camp Lakewood. Request the military discount during your online registration and, upon check-in, provide your military ID to confirm active duty status.

Multiple Child Discount: A \$35 multiple child discount will be applied against the balance due for your 2nd, 3rd, etc., child, at the time of registration only. Children must be from the same household. Parents must request a discount at time of registration.

Tiered Pricing: We understand that camp families have differing abilities to pay, so we offer a two-tiered voluntary pricing system for many of our camps, relying on the honor system. We invite you to opt for Tier 1 pricing if it aligns with your family's financial capabilities. Tier 1 pricing reflects the true cost of participating in camp, encompassing operational expenses. Alternatively, Tier 2 pricing



covers fundamental camp costs like food, staff, and supplies. Please designate your preferred pricing tier during the online registration process. Your choice remains confidential and does not impact the excellence of your child's camp experience.

Financial Assistance: Financial assistance is available for those who qualify. The application is available for download at gwrymca.org/financial-assistance. Those in St. Louis can inquire at your local branch of the Gateway Region YMCA for details, or call the YMCA Camp Lakewood office at 573-438-2155. Apply early to allow time for processing. Those who wish to contribute to our camp scholarship fund may do so by contacting YMCA Camp Lakewood directly.

NEW THIS YEAR! Refer a Friend: Get \$100 Off Your Camp Fee and Theirs, Too! Certain conditions apply. Terms and Conditions: Referring campers must be past summer camp attendees of YMCA Camp Lakewood. New campers must not belong to the same household. Discounts will be applied when new campers register and specify your name as the referral. In case of multiple referrals for the same camper, credit goes to the family whose registration was received first. Credits apply solely to session fees, and new campers must contribute to a portion of the program fees, excluding those under full scholarship, to receive the discount.

CHECK IN AND CHECK OUT

Our check in and check out procedures are designed to ensure camper's safety and foster independence. We have found a significant decrease in homesickness on the first day of camp when campers know what to expect upon arrival. Please **REVIEW the check in policies** to set yourself and your camper up for success.

CHECK IN

To expedite your check in process, please complete all camper forms (4 weeks) and Health Screening (24 hours) in advance and use a pharmacy to blister pack your camper's medications (see [Medication section](#)).

Check-In Time: From 1:30-3:00 pm on the first day of your camp session. NOTE: Please don't arrive before 1:30 pm. Staff will be making final preparations, and we won't be available to check in campers until 1:30 pm.

Check-in times will be staggered alphabetically by last name. We ask that families arrive during their assigned check in time between 1:30 pm and 2:30 pm on the first day of camp. If you are carpooling, please arrive at the later check-in time.

1:30-2:00 pm **A-L Standard**
Check-In

2:00-2:30 pm **M-Z Standard**
Check-In

2:30-3:00 pm **Express**
Check-In ([see below](#))

Check-In Location: Families should enter through the **Camp Lakewood Entrance** (by the Triangle Y Ranch) for the check in process. See [map](#) for more information. Restrooms are available at the Triangle Y Ranch and Lakewood Lodge. Upon arrival park in designated parking at the Lakewood Lodge, in front of Alumni Hall and Moran Pavilion, or in the marked spaces available in front of Cabins 21-26. *Park in designated marked parking spaces only.* With the exception of medication, you can leave your camper's luggage in your vehicle at this time.



Check-In Procedures: We encourage families to discuss what the check-in process might look like and how their camper might prepare for the first few hours of camp on their own. Don't forget! We have swim tests on the first day (weather permitting), so your camper may want to wear their swimsuit under their clothes and have any swim supplies, a towel, and clean dry underwear in an easily accessible place (like in their daypack or a tote bag) during check in day. **DO NOT PACK MEDICATION IN LUGGAGE.** Medications will be checked in with our Medical Director during the check-in process.

1. Before arrival, complete the Health Screening form (emailed 24 hours prior to check-in).
2. Arrive through the Camp Lakewood entrance and park in a designated parking area. With the exception of medication, you can leave your camper's luggage in the vehicle at this time.
3. Check-in will begin outside the Lakewood Lodge. **Bring any medications (prescription and/or over the counter)** and/or mail you would like to drop off in advance with you. Updating your camper's medications on their account will greatly expedite this process. Here you will check in any medications and your camper will receive their cabin information and check in half sheet.
4. Campers will be dropped off at their designated drop-off locations (see [map](#)). Here, counselors will greet the campers outside their cabins/drop-off location and perform head lice checks. Counselors will collect check in half sheets. At this time, parents will say goodbye to their campers and exit through the Camp Lakewood entrance.

DROP-OFF LOCATIONS

Main Camp

- Traditional Camp
 - Adventurers - Cabins 21-26
 - Explorers - Cabins 12-20
- Rangers
 - Junior Rangers - Moran (Explorers) Pavilion
 - Rangers (Hiking, Survival, Rustic Engineering, Ozark Adventure, Canoeing) - see EAST CAMP below
- Equestrian Camp
 - Sessions 2, 6, and 9 - Cabin 12
 - Session 3 - see EAST CAMP below
- Mini Camps
 - Mini Session 3b - cabin
 - Mini Camp - cabin
 - Mini Adventurers - cabin
 - Mini Ranch Camp - see EAST CAMP below
 - Mini East Camp - see EAST CAMP below
 - Ultimate Mini Camp
 - 8-12 year olds - cabin
 - 13-16 year olds - see EAST CAMP below

EAST CAMP drop off - To drop off in East Camp, you will drive through the Triangle Y Ranch entrance and drop your camper off in the East Camp Pavilion. Please use caution when driving up the gravel hill. Staff will be stationed to direct traffic. Includes Pathfinders, LITs, CITs, Equestrian Session 3, Mini Ranch Camp, Mini East Camp, and 13-16 year old Ultimate Mini Camp campers will be dropped off in East Camp. Please note that pick up at check-out for these campers will all be in Main Camp (see [Check-Out Locations](#)).

EXPRESS CHECK-IN

After piloting curbside drop off in 2023, we found many benefits in the camper's experience and efficiency in drop off; however, we recognize this style is not for everyone. For those who would like to opt for an Express Check-In, please arrive at 2:30 pm. Staff will then guide your camper through the check-in process and help them get settled into camp independently.



CHECK OUT

NEW TIME! **Check Out Time:** 5:00-6:00 pm on the final day of your camp session is our standard check out time. In recognizing that most of our campers come from 90+ miles away, we offer multiple check-out options to meet the needs of those families. **YOU WILL BE REQUIRED TO SHOW A PHOTO ID AT CHECK OUT.**

EARLY CHECK OUT

3:00-4:00 pm on the final day of your camp session. Please *contact the camp office in advance* if you will be picking up your camper during early check out. Campers being checked out early will be picked up from the **lower level of the Lakewood Lodge**. Campers will be participating in activities until 3:00 pm and will not be released until the designated Early Check Out time unless prior arrangements were made with the Camp Director.

STANDARD CHECK OUT

5:00-6:00 pm on the final day of your camp session. A **NEW! standard check out time** will be offered, taking the place of late check out. When picking your camper up during this check out time, you will go straight to the check-out location listed below upon arrival. This later check-out time is available to all sessions at no additional fee.

CHECK-OUT LOCATIONS

Campers should be picked up in the following Main Camp locations based on their unit and program:

- Traditional Camp
 - Adventurers - cabin
 - Explorers - cabin
 - Pathfinders - Alumni Hall
- Rangers & Junior Rangers - Moran (Explorers) Pavilion
- Equestrian Camp
 - Sessions 2, 6, and 9 - cabin
 - Session 3 - Alumni Hall
- CIT & LITs - Moran (Explorers) Pavilion
- Mini Camps
 - Mini Session 3b - Lakewood Dining Hall (enter through Trout Lodge entrance)
 - Mini Camp - cabin
 - Mini Adventurers - cabin
 - Mini Ranch Camp - Alumni Hall
 - Mini East Camp - Alumni Hall
 - Ultimate Mini Camp
 - 8-12 year olds - cabin
 - 13-16 year olds - Alumni Hall

After 6:00 pm, campers will be picked up from the Lakewood Dining Hall.

Late Fees: There will be a late pick-up fee of **\$15** per camper for the first 5 minutes and **\$1** per camper per minute thereafter. Please be prepared to pay the late fee prior to departure. Any child left at the program for one (1) hour past check-out time, police will be notified to assist in locating the parents or guardian as well as possible child abuse/neglect reporting process will occur.

NEW! **Family Dinner and Closing Remarks: 6:00 pm** join us for dinner! Dinner will be served at 6:00 pm in the Lakewood Dining Hall. Included in the cost of camp, we hope you and your family join us for dinner and a closing ceremony at the end of your camper's session. We ask that you RSVP in advance in order to accommodate any dietary restrictions. Link to RSVP will be emailed in the Session Newsletter.



ALTERNATIVE CHECK-OUT ADD-ONS

Parents must notify Camp Lakewood in writing no later than 3:00 pm the day before their camper's last day of camp if they would like to add or cancel bus transportation or stayover. Requests can be made by emailing camplakewood@gwymca.org. Prior to your camper's session, please discuss alternative check-out add-ons with your camper if opting into bus transportation or stayover.

Bus Transportation from Camp to South County YMCA (Sessions 1-4 & 6-9, Mini Session 3b not included): Those who select the bus transportation add-on must pick their campers up at the South County YMCA on the last day of their camper's session. The bus departs Camp Lakewood at 3:00 pm and will arrive at the South County YMCA between 4:30-5:00 pm. Campers must be picked up by 5:00 pm. Late fees apply to those picked up past 5:00 pm (unless the bus is delayed).

Stayover (Sessions 1-3a & 6-8): Campers who attend weekend stay over will stay in Main Camp cabins Friday and Saturday night. Dinner Friday through Lunch Sunday will be at the Trout Lodge Dining Hall. Parents will be notified if the camper's second session cabin differs from their first session.

PERSONS AUTHORIZED TO PICK-UP

- The person signing your child out of camp must be 16 years of age and show a valid photo ID, such as a driver's license.
- A child will only be released to persons authorized by the custodial parent/s on the child's registration. Anyone not on your list or who is not authorized in writing on the Pick Up Authorization form (located at gwymca.org/camplakewood through the Sign Up or Access Account button) will not be allowed to pick up your child unless an emergency arises. In this situation a phone call will be accepted. You will be required to verify confidential information found on your child's registration form and the person picking up your child will be required to show a valid ID and know the family password.
- If the person who has arrived to pick up the child is judged by the Y staff to be unsafe to drive a vehicle, the Y staff will offer to contact an alternate on the child's registration form. If the person becomes uncooperative, the Y staff will contact the police department to assist with the situation.
- Your camper pick up may be delayed if the person picking up is not listed on the registration or pick up authorization form.

Pick Up Authorization Form: No child will be released to anyone but the person listed on the registration form without prior written notification. If you upload a Pick Up Authorization after your camper's session has begun, please notify Camp staff at camplakewood@gwymca.org or 573-438-2155. Pick Up Authorization form can be found through the Sign Up or Access Account button at gwymca.org/camplakewood.

Presenting ID at Pick Up is Mandatory: Remember that whoever picks up a child MUST present photo identification. A signature is required when picking up your camper. Don't forget to grab any medications and luggage!

LEGAL ISSUES

CUSTODY/PARENTING PLANS

- Legal documents (copies: court order, divorce decree, parenting plan etc.) must be on file and current at the program regarding divorce/custody arrangements. In the event of a parent's divorce or separation, we are required to release the child to either parent unless a court order states otherwise.
- Divorced parents should submit a copy of the court order, divorce decree or other legal documentation to prevent an unauthorized pick up by the non-custodial parent. Documentation must be kept in the child's file. Any deviation of the child custody agreement will require written formal agreement with notarized signed approval by both parties acknowledging "In Direct Contradiction to the Stated Court Order" prior to allowing pick up.
- In the absence of a court order on file with the childcare program, both parents will be afforded equal access to their child as stipulated by law. The Y program cannot, without a court order, limit the access of one parent by request of the other parent, regardless of the reason. If a situation presents itself where one parent does not want the other parent to have access to their child, the Y suggests that the parent keep the child with them until a court order is issued.
- A legal restraining order must be on file with the childcare program if an individual is not allowed to pick up the child.

SUBPOENAS/REQUEST FOR INFORMATION

- I understand that if the YMCA is required to respond (whether to answer, modify, clarify or quash) to a third party subpoena (whether for testimony, documents, appearance, or any combination thereof) or other compulsory legal order or any other process as the result of any legal proceeding of which my child is a party or participant, I will be responsible for both promptly reimbursing the YMCA for its reasonable attorney fees, and the cost of the YMCA's employees and contractor's time and materials (including, but not limited to copying and document redaction costs) spent responding at the YMCAs then current hourly rates. I further understand that failure to promptly reimburse the YMCA will result in suspension or termination of childcare services and could result in the YMCA pursuing a legal action against me for collection, and that I will be responsible for paying all costs, including reasonable attorney fees, incurred by the YMCA for filing of such action.
- The YMCA reserves the right to require an official court ordered subpoena for access or release of records. At least a minimum of 10 business days to process the request must be given.
- In the case of a legal court order or document the YMCA will follow and enforce the court order stated as written. NO EXCEPTIONS.
- Y staff will not be a mediator in the case of a divorce or custody situation, families may be asked to leave the program until issues can be resolved.

WITNESS/Common Ground EXCHANGE

YMCA branch buildings, parking lots of off-site locations and YMCA staff members are not to be used or involved with any child custody "Witness/Common Ground" exchange programs. The YMCA is not



an approved Exchange Site location. Parents who need this option may contact the courts to obtain a listing of said exchange locations.

SEX OFFENDER REGISTRY

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation or pickup access.

RESPONDING TO ALLEGATION OF ABUSE & CHILD ABUSE POLICIES

The Y provides our youth and teens with the highest quality services available. We are committed to creating an environment for youth and teens that is safe, nurturing, empowering, and that promotes growth and success.

The YMCA is a **Zero Tolerance** agency for Child Abuse & Neglect. All reports of suspicious or inappropriate behavior and/or allegations with youth or teens of abuse will be taken seriously and investigated. The YMCA has strict policies and procedures that are followed to ensure compliance and support of our commitment to these critical situations. In our dedication to maintaining our zero tolerance abuse policy staff and volunteers are required and trained in the recognition, prevention and reporting of child abuse & neglect.

As required by state law the YMCA is a mandated reporter of suspected child abuse & neglect. The YMCA will report immediately and fully cooperate with law enforcement and the Missouri Department of Social Services or Illinois Department of Children & Family Services regarding allegations of abuse which are made and require investigation. No form of abuse will be tolerated and any staff, volunteer, member, guest, teen or youth who is accused of abuse of a child will be immediately removed from the facility and prohibited from all YMCA property and activities for the duration of an investigation. If the investigation establishes abuse has occurred, permanent termination from the YMCA will occur.

INAPPROPRIATE SEXUAL BEHAVIOR

Inappropriate sexual behavior of any child toward any other child or staff member is strictly prohibited in YMCA Programs. A child is any person enrolled in any YMCA program. Inappropriate sexual behavior is defined as sexual advances, requests for sexual favors, or other physical conduct of a sexual nature made by any child toward another child.

Children who believe they have been victims of, or have witnessed inappropriate sexual behavior, must report the incident to any Y staff immediately. Parents of a child who believe their child has been a victim of inappropriate sexual behavior or witnessed such an incident must also report the incident to any Y staff immediately. The YMCA staff member who receives the complaint shall promptly inform the person who is designated to address such reports at the site. Each incident will be thoroughly investigated and reported in accordance with the YMCA Child Abuse Policy and with state laws.



GATEWAY REGION YMCA OVERNIGHT CAMP INDEMNITY AGREEMENT

I hereby waive any claim of liability and will hold harmless the Gateway Region YMCA, its officers, directors, trustees, agents, and employees for any bodily injury to me incurred while I am participating in any child care program, contest or exhibition sponsored by the YMCA. I also waive any claim of liability and hold harmless the Gateway Region YMCA described above for injury or contraction of any illness or medical condition including but not limited to COVID-19 that might result from participation in childcare programs run by the Gateway Region YMCA. In addition, I understand that the YMCA is not responsible for my personal property nor is my YMCA membership transferable. It is understood and agreed that Gateway Region YMCA reserves the right to take and utilize pictures, likenesses, videos and testimonials of participants for promotional purposes including, but not limited to reports, publications, brochures, emails, our website and other instances of online presence. I grant the Gateway Region YMCA, its agents and the news media the right to photograph me and/or my family including children and to use the photograph for news and publicity purposes. I agree with my child participating in YMCA programs and that he/she will comply with all rules and regulations. I further agree that I will not hold the YMCA, its directors, officials, agents, employees and volunteers responsible in case of accident or injury. I understand that no accident insurance is provided. I also agree to abide by the Gateway Region YMCA standards and guidelines.

I acknowledge that I am over the age of eighteen (18) years. I acknowledge that I have carefully and completely read and understand the terms contained in this release and waiver legal liability and voluntarily accept and agree to all such terms. I understand that I will be notified at once in case of an accident or illness to my child, and I will make arrangements for medical care of my child with the physician or hospital of my choice. For emergency medical treatment, I understand that my child will be transported to the nearest hospital via ambulance.

HEALTH AND MEDICAL

HEALTH SCREENING

Everyone entering Camp Lakewood should be symptom-free (without a fever) and pass a health assessment at check-in. Staff members are required to check your child for illness or injury and head lice upon arrival and authorized to deny care for the day if needed. Your child will not be accepted into the site if they have symptoms of a contagious/ infectious disease, illness or injury that might require medical attention. Health screening questions can be completed in advance to expedite your check in process and will be emailed 24 hours prior to arrival.

CHRONIC OR SEVERE HEALTH CONDITIONS

The YMCA is a recreational/educational not therapeutic program-there may be instances where the parameters of the chronic/severe health conditions may exceed the parameters of the nature of the Y program. Failure to disclose all necessary information will void registration and be considered falsification of records.



IMMUNIZATIONS

As a condition of registration, parents must keep current on child immunizations, unless YMCA approved exceptions. Failure to do so may be grounds for termination from the program.

CONTAGIOUS/INFECTIOUS DISEASE GUIDELINES

If a child is sent home from camp with a communicable/infectious disease, the Y may require a child to be examined by a physician if the Y believes the child can infect others. The child will be excluded from camp until a physician provides written authorization determining the child cannot infect others, or until the recommended exclusion period has passed. (Physicians' written recommendation may not supersede YMCA policies or director discretion.) Please notify the childcare staff if your child has a communicable/infectious disease. Communicable and/or infectious diseases include but are not limited to: Chicken Pox, Conjunctivitis (Pink Eye), Fifth Disease, Giardiasis, Hand Foot And Mouth Disease, Head Lice, Impetigo, Measles, Mumps, Novel Influenza A (H1N1), Pertussis (Whooping Cough), Pinworm Or Ringworm, Rash, Roseola, Scabies, Shigellosis, Strep or possible Strep, Thrush/Candida, COVID-19.

A parent/guardian will be notified when a child displays any symptoms of the above diseases. If the parent/guardian cannot be reached, the emergency party designated by the parent/guardian on the registration form will be contacted. The ill child will be isolated from the other children. Child must be picked up with-in two hours* of the call. The late pickup policy will apply at the end of the two hour* grace period. Failure to have your child picked up per guidelines will result in immediate dismissal from the program. Sign-out is required.

*Reasonable exceptions will be made at the discretion of the Camp Director based on travel time.

ILLNESS AND INJURY

ILLNESS WHILE AT CAMP

It has always been our policy not to keep sick campers more than 12 hours in our camp infirmary. We may keep a child if they might get better soon, but a call will be made after an extended stay at the infirmary. We ask that parents of campers who are ill for more than 12 hours care for their child at home and see their family doctor. Transportation is not provided for campers returning home due to illness. A child who is sick before camp should be kept home. Many communicable diseases begin with cold-like symptoms. It is also our policy to refund pro-rated camp fees to any child who becomes physically sick and returns home for care (see [Refunds](#)). If a child is sick before camp begins and is unable to attend, contact the camp office regarding a session switch or refund. A doctor's note must be provided to receive a refund.

INJURIES WHILE AT CAMP

If a child is injured, they will be taken to the Health Center and triaged by a Camp Nurse. Any minor injuries will be entered into our health log and kept on file. Minor Injuries are classified as injuries that require no more than washing, Band-Aid, ice pack, and dispensing of pre-approved over the counter medications. Major Injuries are classified as injuries that require more than washing, Band-Aid, ice



pack, and dispensing multiple doses of pre-approved over the counter medications. Health Center staff, after evaluating the situation, will take whatever steps are judged necessary to obtain the appropriate medical attention. This may include the following: contact the parent or an authorized person to pick up the child or transport the injured child to the nearest hospital via ambulance. If 911 is called and the child is sent to the hospital, the director will notify the parents and executive director immediately. If an emergency is such that the child is transported to the hospital, a Y staff member will accompany the child. Parents will be notified which hospital the child is being transported to. The YMCA does not provide accident insurance for your child. This will be the responsibility of the parent.

MEDICATIONS

Please make sure the camper's name is on all items. **DO NOT PACK MEDICATION IN LUGGAGE.** Medications will be checked in with our Medical Director during the drive-thru check-in process. It is our policy that all medications are stored in the Health Center with the exception of emergency medications such as inhalers and EpiPens. Inhalers and EpiPens will remain with the staff member supervising the camper to ensure it is near them at all times.

Please Read Carefully: ALL PRESCRIPTION MEDICATION BROUGHT INTO CAMP MUST BE EITHER IN THE ORIGINAL PRESCRIPTION CONTAINER**, BLISTER PACKS PACKAGED BY A PHARMACY, OR ACCOMPANIED BY WRITTEN ORDERS, SIGNED BY A PHYSICIAN. THEY MUST INCLUDE THE CAMPER'S NAME, DOSAGE, AND TIME. ALL MEDICATIONS, INCLUDING OVER-THE-COUNTER ITEMS (VITAMINS, MEDICATED CREAMS, LOTIONS, ETC.) MUST BE IN ITS ORIGINAL CONTAINER AND TURNED IN TO BE DISPENSED BY THE CAMP NURSE AS REQUIRED BY MISSOURI LAWS.

**Many inhalers and topicals have the pharmacy label on the box rather than the inhaler/tube. We will need the box with the pharmacy label to accept these medications.

If your camper takes over-the-counter medications on a regular basis, please provide enough of each medication to last the entire stay. At camp, give medications directly to the Camp Nurse during check-in.

Routine medications are distributed at mealtimes or before bed/shower time unless otherwise directed.

When you pick up your camper, you will also pick up their medication at their cabin.

MEDICATION/TESTING AND OTHER PROCEDURES

The Gateway Region YMCA provides recreational programs. In order to protect the health and safety of all children and employees, YMCA employees will not perform such invasive procedures including, but not limited to: administering shots, drawing blood, catheterization, diabetes testing, insertion of suppositories and tube feeding. The medical procedures which employees may not perform will be determined at the sole discretion of the YMCA. If your camper requires any of these, please contact the Medical Director (david.williams@gwrymca.org).

MEDICAL & THERAPEUTIC OBSERVATIONS

Requests may be made to have a child observed for medical concerns, provided therapy or specialist services during the day. See your director for information required for possible approval.



BLISTER PACKAGED MEDICATIONS



NEW Medication Policy: For the safety of our campers, it is **highly recommended** that all routine and as needed (PRN) prescription and over the counter medications in an oral, chewable, or gummy formulation be provided in blister packs prepared by a pharmacy. This will be optional for 2024, and required for 2025. Blister packs greatly facilitate the handling, storage, and administration of medications, and streamline the medication process at check-in time. Parents interested in this service can consult their local pharmacy or contact Pharmax Pharmacy in Potosi (610 E. High Street, Potosi MO 63664). Phone: 573-438-2189. Orders for medications in

blister packing must be placed with Pharmax at least 30 days before the start of the camper's session. Pharmax will handle the blister packing and delivery of medications to Camp Lakewood on the Friday preceding the session's start date. While Pharmax provides this service at no additional cost, families are still responsible for copays and medication expenses. Contact Dave Williams, LPN, CPC, Medical Director at Camp Lakewood, at david.williams@gwymca.org or 573-438-2154 ext. 132 for more information.

MEALS/DIETARY RESTRICTIONS

Meals: Meals are well-balanced and are served by our professional food service staff. An abundant supply of well-cooked, wholesome food, a never-ending supply of cold milk and fruit, approved spring water, adequate sleep and rest, and constant supervision are all combined with vigorous activities to promote healthy habits.

The meals we serve offer simple but nutritious choices, and can accommodate dietary restrictions such as vegetarian, sugar-free and gluten-free. We use the meal-time experience to teach campers the importance of manners and food conservation.

Dietary Restrictions: Our camp Dining Hall can serve limited special diets if your camper has uncomplicated dietary needs (e.g., if they are a vegetarian or have certain food allergies). Please inform the Camp Lakewood office in writing of any special needs at least 4 weeks prior to arrival. We do our best to accommodate all diets, but extremely strict diets may not be feasible.

Camp Lakewood is a nut-free facility.

YOUR CAMPER AND YMCA CAMP LAKEWOOD

Property and Equipment Damages: Parents are financially responsible for intentional damage to equipment and facilities caused by their camper. This includes writing on bunks and damaging buildings.

Insurance: Camp Lakewood does not carry accident or sickness insurance on campers. Parents/guardians must include their personal health insurance information on the Camper Health Form.



This information will only be used to facilitate outside medical treatment if required. In the event of serious illness or accident, the parents will be notified at once. (Parents/guardians are responsible for prescriptions and charges incurred for outside medical treatment of their child, should services be required while in attendance at camp.) Services rendered by the camp medical staff are at no additional charge.

Camper T-Shirts: All campers will receive a YMCA Camp Lakewood t-shirt and water bottle included in the camp fee. Please ensure your camper's t-shirt size is correct during the registration process.

CAMPER CARE AND POLICIES

Homesickness: In one camp study, a whopping 83% of the campers reported homesickness on at least one day of camp. Our staff makes a concerted effort to help campers overcome homesickness by helping them learn to accept the natural feeling of missing family and friends. We welcome this opportunity to help youngsters grow in this area and we train our staff to handle homesickness in constructive and loving ways. With proper handling by the staff, campers, and parents, it can be overcome, and the camper can make a big stride in growing up.

Here are some things you can do to lessen homesickness:

- Keep frequent letters or emails cheery and newsy in such a way that they will not make your camper homesick. Don't say you can't get along without them, or ask about homesickness.
- Try having your child do overnights at friends' houses before coming to camp.
- Pack a personal item from home.
- Don't tell your child that you will come and pick him/her up if it isn't fun or bribe your child by promising something valuable if they make it through camp; this sends the wrong message! Going to camp fosters confidence and independence and can be an important developmental milestone.
- If there is instability at home or the child is very anxious, please contact us so that we may prepare the counselors and our resident Behavioral Specialist.
- Help your child think of things they can do to cope with feelings of missing home.
- Have your child involved in packing their bags. Discuss how and why you may use items and where to find them.
- Visit the staff page on our website to familiarize yourself and your camper with staff you will meet during your week at camp.
- Set up a tour or visit us at one of our Open Houses.

Bed Wetting: Our staff is trained to handle bedwetting discreetly, working with your child one-on-one. Please notify us in advance if your camper may wet the bed. Campers should be instructed to ask their counselors for help, and every effort will be made to prevent accidents. Please send a plastic sheet and extra bedding if you think they will be needed.

Shared Responsibilities: Personal responsibility and group cooperation are important elements of the camp experience. Mature, caring counselors work with campers on the importance of caring for one's personal area and belongings, assisting in daily cabin clean up, and pitching in on general camp tasks known as Shared Responsibilities. We strive to imprint these characteristics on each camper so they will carry over to home and school. Once a week, as cabin groups, children pick some way in which they want to improve camp.

Staff Communication: Camp staff are not permitted to socialize with campers outside of camp. This includes babysitting, private lessons, and sleepovers. At times, campers may want to stay in touch with their counselor after the camp season has ended. YMCA Camp Lakewood staff may not call,



message, or talk via social media to any camper, including but not limited to Facebook, Instagram, X (formerly known as Twitter), Snapchat, and TikTok.

Sunscreen: Campers will be reminded to apply sunscreen throughout the day. Sunscreen application will be monitored by staff. Sunscreen may be applied to another child's back in a buddy system, by another camper of the same gender in the child's camp group. This will be done in the view of campers and counselors.

BEHAVIOR/DISCIPLINE

Discipline: In all areas requiring discipline (which literally means, "to teach"), it is our primary aim to help children educate themselves, so that they learn to make better choices in the future. Discipline or threat of discipline will not be associated with food or rest. The use of physical punishment is never permitted.

Our trained counselors and dedicated Behavioral Specialists try to help campers genuinely help themselves and make restitution for any harm that has been caused. Problems are an opportunity for children to grow. In the event of any serious problem, specifically those in which campers are putting themselves or others at risk, parents will be promptly notified. If behavior problems exceed our capacity or guidelines, campers will be sent home. Campers removed from the program due to behavioral concerns will be suspended from all Gateway Region YMCA programming for one year. Contact us before camp to discuss known, significant issues. There are no refunds for children sent home due to behavioral or psychological issues.

Behavior: At YMCA Camp Lakewood, our behavior management policies and discipline procedures are based on our core values of caring, honesty, respect, and responsibility. We believe in creating a safe, secure, and fun environment where all youth have the opportunity to learn the importance of demonstrating good character. We believe that in order to do this, all youth need to know and understand the rules and expectations for appropriate behavior. We also believe that when youth do not follow the rules or when they demonstrate inappropriate behavior, we have an opportunity to help youth learn from their mistakes. The YMCA promotes behavior guidance and discipline through creating a positive environment, developing structure and clear limits, promoting social and emotional learning, reinforcing our core values, and addressing challenging behaviors.

Bullying: Bullying is unwanted behavior that is intentional, often repeated and involves a power imbalance. We intentionally foster a culture of respect and emotional safety, and therefore do not tolerate bullying in the camp community. Campers who initiate or participate in bullying behavior will be sent home. Please talk to your child about bullying before they attend camp, and encourage them to talk to a staff member if they witness or experience bullying.

Alcohol, Drugs, Tobacco and Vaping Products: Campers may not use or possess drugs, alcohol, tobacco or vaping products at camp. Possession or use of products at camp will result in being sent home.

Weapons: Campers may not bring any weapons with them to camp. Any camper that uses any object as a weapon to harm another individual will be sent home.

CODE OF CONDUCT – CAMPER

It is the goal of the Gateway Region YMCA to guide children in becoming caring, honest, responsible, and cooperative participants in our program. The YMCA uses only positive behavior management techniques to increase participant's self-esteem by helping them to become responsible for their own



actions. It is important for participants to grow to respect themselves as well as the rights and feelings of others. When a conflict arises concerning the rights of other people and/or property, our goal is to work with each participant individually to solve the problem through effective communication and logical consequences. Other behavior management techniques, which include redirecting behavior, removal from a particular activity, and parent consultation, will be used in situations where conflicts continue.

Depending on the severity and frequency of incidents, such as, fighting, inappropriate language, destruction of property, lack of regard for rules, or the possession or expression of inappropriate toys (i.e. play guns, swords, or other weapons), a participant may be suspended or expelled from the program. The following procedures will (unless severity or repetition of incident requires other action) be followed concerning suspension and/or expulsion:

- The participant will be suspended immediately and parents notified.
- The program director will be notified and review the situation.
- A parent conference will be scheduled with the Y director and staff, parents or guardian and any other YMCA designated resource person.
- At the parent conference a written disciplinary action plan will be developed. The participant will not re-enter the program until parents and staff have agreed upon the disciplinary action plan.

Any participant who is determined at the sole discretion of the YMCA to have intentionally harmed or attempted to harm another participant, staff member or themselves will be immediately suspended from the program and subject to termination from all YMCA programs after review of the incident by the Program Director and Executive Director, or designated YMCA supervisor.

Participants can be removed from the program based upon inappropriate behavior of parent or guardian.

Removal from participating in all YMCA programs may be up to one year or permanently based upon incident/behavior or situation.

A parent/guardian will be notified immediately when a child displays any of the above issues. If the parent/guardian cannot be reached, the emergency party designated by the parent/guardian on the registration form will be contacted. The child will be isolated from the other children. Child must be picked up within one hour of the call. The late pickup policy will apply at the end of the one hour grace period. Failure to have your child picked up per guidelines will result in immediate dismissal from the program. Sign-out is required.

CODE OF CONDUCT – ADULT

The Y requires adults of registered children to behave in a manner consistent with courtesy, respect and Y values. The Y goal is to provide the most appropriate environment in which a child can grow, learn and develop. Achieving this ideal environment is not only the responsibility of the staff, but the responsibility of each and every adult who enters the program. Adults are required to behave in a manner that fosters this ideal environment.

Adults who violate the Code of Conduct may be dismissed from the program.

- Swearing/cursing: No adult is permitted to curse or use other inappropriate language in a YMCA program, whether in the presence of children or not. Such language is considered offensive and will not be tolerated.
- Threatening of staff, children, or other adults: Threats of any kind will not be tolerated.



- Other children: Adults are prohibited from addressing, for the purpose of correction or discipline, a child that is not their own. Of course, no adult may physically punish another adult's child. If an adult should witness another adult's child behaving in an inappropriate manner, or is concerned about behavior reported to them by their own child, it is most appropriate for the adult to direct their concern to the staff.
- Confidentially: It is inappropriate for one adult to seek out another adult to discuss their child's inappropriate behavior. All behavior concerns should be brought to the staff's attention. The staff will address the issue with the other adult. Although you may be curious about the outcome of such a discussion, staff is strictly prohibited from discussing anything about another child with you. All children enrolled in Y programs have privacy rights and are further protected by our confidentiality policy.
- Violations of safety policy: Adults are required to follow all safety policies at all times.

These procedures are designed not as mere inconveniences, but to protect the welfare and best interest of the children and staff.

TERMINATION

The Y reserves the right to terminate children, families and/or parents/guardians from the program as a result of actions or behaviors that are not deemed in the best interest of the organization based on rules, policies, and situations. Fees will be forfeited. Participants have the right to request a formal appeal review regarding the dismissal. Please contact the YMCA program director for more information.

IMPORTANT INFORMATION

EMERGENCIES

Emergency calls to campers should be done through the Camp Lakewood office at 573-438-2155. If there is a situation where our phones are down, call the Gateway Region YMCA at 314-436-1177 during office hours. Routine scrapes, cuts, and minor illness will be treated by our medical staff. In the case of serious illness or accident involving your child, the medical staff will contact you directly. In the event you cannot be reached, your authorization signed on your Health Form allows us to secure prompt treatment.

After office hours, you may reach us at 573-438-2154.

PREPARING FOR CAMP

CLOTHING LISTS

Please send appropriate clothing with your child, taking into consideration the weather forecast and camp activities. We encourage you to send old clothing to camp as your camper will be camping out, participating in rugged sports, climbing, and hiking through the woods. We have provided a Clothing List at <https://gwrymca.org/locations/ymca-camp-lakewood/parent-resources>. Please review the list of things that you are sending to camp with your camper so they know what clothing and personal items



are his/hers. Luggage should be compact and easy to carry. **Luggage, bags, and stuff sacks should be clearly marked with the camper's name on a luggage tag or something similar.**

Please see the appropriate camper clothing guidelines and go over them with your child. NOTE: There are no laundry facilities at Camp Lakewood. Please pack enough clothing for your child's entire stay. CITs will have the chance to do laundry after their 2nd week of camp (detergent will be provided).

ATTIRE FOR CAMPERS

Length of shorts must be mid-thigh. No short shorts, miniskirts, or skin-tight shorts. They should not have holes in them, should be worn at waist level and not be overly tight. Shirts should at no time be sheer, low cut, or mesh. T-shirts should cover the stomach and should not contain graphics or language that is vulgar, abusive, or otherwise inappropriate. Tank tops should not be low cut, should cover the stomach, and should not have armholes that are too wide or too low cut.

Swimsuits should be 1-piece or athletic style 2-piece (no string bikinis) and not sheer. Swim shorts should remain conservative (shorts should be worn at the waist level and not below). They should not be overly tight or have holes in them. The Waterfront Director has discretion to require a change of suits. Shoes and clothing (including a t-shirt) must be worn outside the waterfront at all times.

WHAT NOT TO BRING

Camp is a natural setting to retreat from electronic technology and to get more in touch with people. Electronic games, cell phones, e-readers, and other electronic devices do not fit into this setting. We are not responsible for lost or damaged items. Please leave these types of items at home.

To keep all campers safe (and to avoid mice in your cabin!), we ask that you please leave food, sports equipment, hair dryers, curling irons, straighteners, firearms, weapons, matches, lighters, knives, tobacco products, expensive items, illegal drugs, money, and library books at home.

Canned repellent and sunscreen are not allowed at camp. Insect repellent and sunscreen must be in the form of lotion, wipes, or non-aerosol bottles. Aerosol cans become a safety hazard around other children and around the campfire. Unapproved items will be returned at the end of the child's stay.

Possession of illegal drugs, alcohol or tobacco products, fireworks, guns/knives, lighters/matches, or gang apparel is grounds for immediate dismissal.

COMMUNICATION

Campers Love Mail: Whether it is your child's first or tenth summer at camp, mail call is an important part of every camper's day. Here are some hints to make corresponding with your child more successful.

Do's

- Send frequent letters. They do not have to be long. Postcards are great.
- Send a photo of family and/or pets.
- Have a grandparent write a letter.
- Have pets send messages (paw prints).

- Send stickers, jokes, etc.
- Ask a few questions and you are more likely to get a response.
- Provide your child with self-addressed, stamped envelopes.

Don'ts



- Don't encourage homesickness by emphasizing how much you miss your child.
- Don't write how much fun you are having on vacation while your child is at camp.
- Don't dwell on negative happenings. You can discuss real problems with your camper when they return home.

Mail: Please write to your child at least once before camp begins. This will guarantee that your camper will receive at least one letter from home while they are at camp. Mail must be received by your camper's last full day of camp to guarantee delivery. Please address mail this way:

Camper's Full Name
 Session #
 % YMCA Camp Lakewood
 13528 State Highway AA
 Potosi, MO 63664

Campers will be encouraged to write one letter home each week. Do not be alarmed if the letters are brief as campers are busy, and "no news is good news" as far as campers are concerned. Early letters may sound upsetting, but usually by the time you receive the letter, the camper has adjusted and often forgotten what they wrote.

MAIL FROM ST. LOUIS TO POTOSI CAN TAKE UP TO 5 BUSINESS DAYS, so some may be received after the camper is home. Mail must be received by the last full day of your camper's session in order to be delivered.

Parents are welcome to bring letters or care packages that DO NOT contain food during check in. We will have boxes labeled with the day of week during the check in process, and you can place your care package or letters according to the date you wish your child to receive it.

Care Packages: Camp Lakewood has a policy that food care packages will not be allowed due to health and cleanliness considerations. Non-food care packages are welcomed and encouraged.

Email: You can send one-way emails to your camper at campermail@gwrymca.org. Emails are printed daily and distributed to campers. Campers do not have access to computers and will not be able to send responses while at camp. Emails must be received before noon on the last full day of camp in order to be delivered.

Email: campermail@gwrymca.org
Subject: Camper's First & Last Name + Cabin #

Telephone Calls: At Camp Lakewood, we strive for campers to develop independence. An integral part of the growing process is the extended experiences away from home. In keeping with this, we do not permit phone calls or visits to campers unless there is a family emergency. Also, please do not ask your child to call home. There are no public phones available for campers to call home. Parents will be contacted in the case of an emergency or illness. We do not allow cell phones at camp. All cell phones will be confiscated until check out. In case of emergency, parents can call the office at 573-438-2155 or 573-438-2154 (Trout Lodge front desk) after business hours.

Visitors: There are no visitation days during camp sessions.



PICTURES AND VIDEOS

CAMP PHOTOS

Every parent wants to see their child having a great time at camp, and we have a Media Team whose job it is to take pictures and videos of campers in action.

These pictures are unaltered and usually candid (especially the activity pictures), so your child may or may not have the perfect facial expression at the moment the picture was taken. That's all part of the spontaneous effect of catching children enjoying the moment!

These are random pictures and your child's inclusion is based on where the photographer is when the pictures are being taken. They try their best to catch all of the highlights of each day, but just can't be everywhere at once.

Please do not read more into the pictures than there is. There are millions of variables when taking an impromptu picture. Some kids run to the camera and others hang back. Please refrain from asking questions such as "Is that a scratch on my child's elbow?" or "Why isn't my child smiling?"

Please be assured that if there was an issue with your child, we would already have spoken to you about it. Your child is having an AWESOME time!

WALDO

Camp Lakewood offers a service for photo-sharing, called Waldo. Remember to keep your access code private - only parents and other people you approve should be given access. Please guard every child's privacy.

Photo Gallery: Photos can be viewed on our free web gallery at waldophotos.com/galleries. Parents will receive the join code at check-in.

Photo Delivery: YMCA Camp Lakewood is excited to announce we're offering Waldo's facial recognition powered mobile app this summer! You'll be able to sit back and relax while Waldo delivers YOUR photos to you and your family members. Parents will receive enrollment information at check-in. 50% of proceeds go to camper scholarships at Camp Lakewood!

Need help? Waldo's here. You can also email campsupport@waldophotos.com any time you have a question!

SESSION VIDEOS

Session highlights and camp videos will be uploaded to the [YMCA Camp Lakewood playlist](#) on the Gateway Region YMCA YouTube channel. Highlights are candid and will be uploaded at the conclusion of the session. A Weekly Wave will be uploaded on Wednesday of the camper's session.

EXPECTED PARENT COMMUNICATION & MEDIA UPLOAD TIMELINE

At YMCA Camp Lakewood, our Marketing Specialists strive to provide frequent communication and quality photos and videos of your camper throughout the week. While our expected timeline for these communications and uploaded media is outlined below, there may be times when delays occur due to schedule changes, technology issues, or other unforeseen circumstances.



- **Camp Photos** will be posted to Waldo daily by 10:00 pm.
- **Camp Videos** will be posted to the Gateway Region YMCA YouTube channel on Wednesdays (Weekly Wave) by 10:00 pm and Fridays (Session Highlights) by 7:00 pm.
- **Session Emails** will be emailed the Monday prior to your camper's session with reminders and check in information and the Monday following your camper's session with a Parent Survey and information about upcoming YMCA Camp Lakewood events.
- **Session Newsletter** will be emailed mid-session (Thursday morning for 5-night camps and Tuesday morning for 3-night camps) with highlights of your camper's session and check out information.

HEAT/RAINY DAYS AND WEATHER RELATED ISSUES

We will still have camp when it is hot or raining! In case of severe weather, we will move the camp indoors. Refunds cannot be made due to bad weather. Severe weather procedures are reviewed with cabins upon the start of camp. In the event of severe weather, we will make every effort to reschedule programming. Alternative programming will be facilitated if activities are canceled due to weather. YMCA Camp Lakewood takes the following precautions in the event of severe heat: water is readily available to children, ongoing sunblock application reminders and activities are modified for the extreme temperatures. If you feel your child's health does not permit them to go outside, your child is not healthy enough to be at the camp at this time. In the event of heat, rainy days, and weather related issues, phone calls home will only take place if major program changes are required.

LOST AND FOUND

It is important to label all of your camper's belongings and make sure your camper knows what all of their items look like. Camp will hold limited items for two weeks to be mindful of safe storage. As such, camp will only hold the following specific list of items:

- Jackets/sweatshirts
- Sleeping bags, blankets, pillows
- Prescription glasses, durable medical equipment, prescription medication
- Personal equestrian riding equipment and helmets
- Shoes (not water shoes or sandals)
- Backpacks

Camp will keep to these items for no longer than two weeks from the end of the session. After this time, these items will be donated or thrown away. Please note that these items will be held at the discretion of camp staff. Items that are soiled, damaged, or otherwise deemed not able to be safely stored will be disposed of.

The list of items camp will not hold on to includes but is not limited to: socks and underwear, all toiletries and toiletry bags, all swim gear including swimsuits and goggles, hats, t-shirts, pants, shorts, pajamas, washcloths and towels, water shoes including sandals, water bottles, sunglasses, flashlights and headlamps, toys, cameras, arts and crafts projects including tie dye.

To recover lost items, please use the [Lost and Found form](#) or email the Camp Director (rose.krztion-presson@gwymca.org) and include your camper's cabin number, session, a description of the item, and where the item was last seen.



Daily cabin cleanup helps campers maintain their belongings and help staff identify misplaced items during the camp session. We highly encourage parents to label all items with their camper's name to help our staff identify items during the camp session. Many items look similar and it can be confusing for both staff and campers.

As a reminder, please do not send your camper with anything that is irreplaceable. Things like jewelry or favorite stuffed animals can be easily lost or damaged. Electronics, including phones, are not permitted at camp. Phones may not be used at camp and will be confiscated and returned to families at the end of the session. Camp is not responsible for any lost, damaged, or stolen items—including confiscated phones.

PARENT EVALUATIONS

We appreciate immediate comments and feedback about our staff and program. If you see or hear of a problem with any part of our program or staff, please contact the Lakewood office so immediate corrections can be made. You can email us at camplakewood@gwymca.org.

Our Camp Director is available at any time to answer your questions or concerns. Please do not hesitate to call the Lakewood office. Shortly after the camping session, you will receive a [Parent Evaluation Form](#) via email. Your sincere response is requested and appreciated.

HOW TO SUPPORT CAMP LAKEWOOD

Charitable Contributions: No tipping of individual staff members is permitted, but your appreciation may be shown by selecting a project or fund to receive your tax-deductible support:

Annual Campaign: Help send a child in need to camp

Program Equipment, new or usable: Help us to expand our programs and services; we continue to look for small sailboats, kayaks, canoes, & tents

World Service: Support developing YMCAs in other countries

At YMCA Camp Lakewood, we believe that every child needs and deserves access to a natural environment and outdoor recreation to help them maintain a healthy body, healthy mind, and healthful habits. Campers of all ages and socio-economic backgrounds benefit from the positive role models and safe challenges that a week of resident camp has in abundance. Children make life-long friends, discover new activities and challenge themselves beyond their comfort zone to realize their full potential. Camp is a safe environment for children to explore and try new things with plenty of support staff and friends to encourage them along the way. We don't turn any campers away due to parents' inability to pay. As a nonprofit organization, YMCA Camp Lakewood commits to removing financial barriers to camp through our camp scholarships and financial aid.

Fueled by your financial support and the efforts of dedicated year-round staff, exceptional seasonal staff, international staff from over ten countries, and countless volunteers, we are able to provide this life-changing opportunity.

More than 50% of campers receive some level of financial support, totaling over \$250,000 each year.

To help provide opportunities for campers to experience outdoor recreation at YMCA Camp Lakewood please visit <https://gwymca.org/donate017> or call our office at 573-438-2154.



Volunteering: Camp Lakewood needs help from groups of enthusiastic adults or teens in preparing for the coming camp season. Consider bringing a group for a weekend of painting, raking leaves, building bunks, cleaning boats, or a multitude of other tasks. We will provide your group with overnight accommodations, meals, and a special evening campfire at a reduced rate.

ALUMNI

Connect with your Camp Lakewood family on our Facebook page (YMCA Camp Lakewood Alumni Association). Check out what is happening at Camp Lakewood today, tell us your stories, share your ideas, send us your pictures, and let us know where you are now. For more information visit <https://gwrymca.org/camps/camp-lakewood-alumni>.

YMCA TROUT LODGE

Situated adjacent to YMCA Camp Lakewood, Trout Lodge has become a timeless destination for family adventures, getaways for all ages and group retreats. Guests choose from hotel-like rooms in the lodge or cabins. Lodging, meals and most activities are included. Activities include archery, arts & crafts, campfires, hiking, horseback riding, mini golf, pontoon rides, rope swings, zip lines and more. Visit gwrymca.org/troutlodge or call 888-FUN-YMCA.

PRE-CAMP PARENT CHECKLIST

REGISTRATION & DEPOSIT

Due upon registration

- Complete all forms on Campwise, including inclusion paperwork (if applicable)
- Read Parent Handbook
- Make \$200 deposit to hold camper's spot

OPTIONAL ITEMS

- Request cabinmate
- Add funds to camper's store account
- Prepare any packages/letters you would like your camper to receive during their session

PAYMENTS

- Make final payment before May 1st, 2024

CAMPERS WITH MEDICATION

- Complete medication information on camper's registration form

- Ensure all medication is in the original container/package
- For those using the blister package option, check with your local pharmacy about options

FINAL DETAIL REVIEW

Due one month before session begins

- Log into Campwise and make sure optional items and add-ons are accurate:
 - Cabinmate request
 - Check-Out Add-Ons (bus transportation and/or stayover)
 - Pickup Authorization Form
 - Activity Add-Ons (Advanced A&C, Ceramics, and Horsemanship)
- Deadline to submit inclusion forms
- Deadline to submit ALL camper forms



DAY OF CHECK-IN

- Complete Health Screening up to 24 hours prior to arrival
- Double check packed items making sure camper isn't forgetting any items including medication
- Medication should be accessible for the check-in process
- Pack swimsuit in an easily accessible location (day pack recommended)
- Arrive at camp!

PRIOR TO CHECK-OUT DAY

- [RSVP](#) to Family Dinner and Closing Remarks

- Email any add-ons to camplakewood@gwrymca.org (stayover or bus transportation) by 3:00 pm the day before check-out
- Contact camp with any new Pick Up Authorizations

DAY OF CHECK-OUT

- Arrive to camp with valid ID
- Check lost and found
- Pick up medication
- Join us at 6:00 pm for Family Dinner and Closing Remarks!

CONTACT INFORMATION

YMCA Camp Lakewood

13528 State Highway AA
Potosi, MO 63664

Phone: 573-438-2155

After Hours: 573-438-2154

Fax: 573-438-5752

camplakewood@gwrymca.org
gwrymca.org/camplakewood

Camper Emails During Session

Subject: First & Last Name + Cabin #

campermail@gwrymca.org

Camp Directors

Rose Krzton-Presson, Camp Director

rose.krzton-presson@gwrymca.org

573-438-2155 ext. 121

Erin Sullivan, Senior Director of Camp
Lakewood

erin.sullivan@gwrymca.org

573-438-2155 ext. 111

Food Service Director

Amy McClure, CDM, CFPP

amy.mcclure@gwrymca.org

573-438-2155 ext. 127

Medical Director

Dave Williams, LPN, CPC

david.williams@gwrymca.org

573-438-2155 ext. 132

Health Center: 573-438-2155 ext. 133



YMCA TROUT LODGE & CAMP LAKEWOOD FACILITY MAP

