

# **YMCA Camp Ockanickon, Matollionequay, and Lake Stockwell**

## **2009 Parent Handbook**

### **Contents**

- Page 2. Form Information**
- Page 3. Fee Deadlines, Bunkmate or Buddy Requests, & Trading Post**
- Page 4. Cancellations, Packing for Camp, Clothing Guidelines**
- Page 5. What Not to Bring, Arrival at Camp & Check-In Day**
- Page 6. Medications, Meeting your Counselor, & Swimming Evaluation**
- Page 7. Check-Out Day, Lost and Found, Illness, Absence, & Homesickness**
- Page 8. Email, Photos, Mail, Packages, & Phone Calls**
- Page 9. Visitors, Theme Weeks, Stayovers, Overnights, & Horseback Riding Lessons**
- Page 10. Resident Camp Packing List**

### **Forms at the end of the Parent Handbook**

(These individual forms are also available online at [www.ycamp.org](http://www.ycamp.org))

**2009 Camper Medical History & Medical Examination Form. (2 sides)**

**Release and Waiver of Liability/Indemnity Agreement. (1 side)**

**Trading Post Card**

**Bunkmate (Buddy) Request Card**

**2009 Parent Confidential Form**

**Behavior Management Form**

**Lake Stockwell Day Camp 2009 Authorization for Child Release & Behavior Management Form**

**Lake Stockwell Day Camp Bus Schedule**

## 2009 Parent Handbook

YMCA Camp Ockanickon, Inc.  
1303 Stokes Road  
Medford, NJ. 08055

1-609-654-8225 (YMCA Main Office)  
[www.ycamp.org](http://www.ycamp.org)  
[info@ycamp.org](mailto:info@ycamp.org)

Ockanickon For Boys  
Director: Brent Birchler  
609-678-1524  
[brent@ycamp.org](mailto:brent@ycamp.org)

Matollionequay For Girls  
Director: Gab Ostroski  
609-678-1523  
[gab@ycamp.org](mailto:gab@ycamp.org)

Lake Stockwell Day Camp  
Director: Jen Segelken  
609-678-1527  
[jen@ycamp.org](mailto:jen@ycamp.org)

Summer Phone (June 28 – Aug 21)  
609-678-1524

Summer Phone (June 28 – Aug 21)  
609-678-1440

Summer Phone (June 29 – Sept 4)  
609-678-1539

**Nurse Direct Line** – 609-678-1466

**Nurse Direct Line** – 609-678-1447

**Nurse Direct Line** – 609-678-1539

Dear Parents,

Thank you for the opportunity to be a part of your child's life this summer. We believe your son or daughter will be taking part in a program and a camp setting that are second to none. Our staff works all year to ensure that the time your camper spends here will help develop self-confidence, leadership, initiative, personal responsibility, and the ability to get along and work with others. The YMCA Camp Ockanickon, Inc. experience has been proven over many seasons and is one you'll be proud to share with your child and your friends.

The information in this document is very important. It will help keep camp running smoothly and is in the best interest of all concerned. Please read it carefully and save it to refer to later. If you have any questions, please feel comfortable in giving us a call at 609-654-8225.

We look forward to seeing you,

Tom Rapine  
Chief Operations Officer.

**Please check your confirmation letter carefully for your camp dates!**

### **BEFORE YOU COME TO CAMP...**

#### **Have I completed and sent in all the necessary forms?**

We need your forms as soon as possible after registering your child, and prior to **May 1, 2009**. A **physician must sign The Camper Medical History & Medical Examination Form for attendance at resident (overnight) camp**. A school physical done within 12 months of camp is acceptable, just attach it to our form and fill in additional information needed. You will also need the following forms for attendance depending on the camp(s) for which your child is registered.

**We will not accept any campers without the proper forms.**

**Please do not send incomplete forms or fax forms to camp.**

**It is a good idea to send the originals after making copies to bring with you to camp on check-in day as well.**

#### **Camper Need Some Or All Of The Following Forms (Also Available on Website)**

2009 Camper Medical History & Medical Examination Form (All Campers)

2009 Release and Waiver of Liability (All Campers)

Bunkmate (Buddy) Request Card (Optional)

#### **Ockanickon or Matollionequay Campers Also Need**

Parent Confidential Form (All Resident Campers)  
Trading Post Account Form (All Resident Campers)  
Behavior Management Form (All Resident Campers)

#### **Lake Stockwell Day Campers Also Need**

Authorization for Child Release (All Day Campers)  
Behavior Management Form (All Day Campers)  
Bus Schedule (If Utilizing Transportation)

### **What is the deadline for getting my camper's fees paid?**

The balance of camp fees must be paid in full by May 1, 2009. Reserved space cannot be held beyond this date without payment in full. Any registrations taken after this date must be paid in full at time of registration. Checks should be made payable to YMCA Camp Ockanickon, Inc. and mailed or dropped off at 1303 Stokes Road, Medford, NJ 08055. On your checks, please identify your camper's name. There is a \$25.00 service charge on all returned checks. We will allow one change of session for each camper in a family, free of charge until May 1, 2009. All changes to original registration must be made in writing. Payment can also be made online at the time of enrollment or by calling the YMCA Camp Business Office and using your Discover Card, MasterCard, Visa, or American Express.

### **Can I arrange for my child to be in the same cabin as his/her friend?**

If two campers are within one year of each other's age, they can be placed in the same cabin or village, if requested. To insure that campers will also have the opportunity to meet new friends, we encourage only one "Request" per camper. It is unfair to the other campers in a cabin or village to have a large group who already knows one another placed together. ***Therefore, both campers must have the other listed as their "Bunkmate (Buddy) Request" on their registration card to ensure the pairing is made.*** Also please make sure the campers are coming the same week. In cases where several campers have linked their names together, each choosing a different bunkmate (buddy), camp will place campers as it feels is in the best interest of all concerned.

Please cooperate by coordinating your "Bunkmate (Buddy) Request" with the other family. If you have a special situation which you feel should be considered differently, please call at least one month in advance of camp. Please remember that even if two persons are not in the same cabin, there are many opportunities to spend time together in camp. If you are requesting that your child not be placed with a certain child, **it is your responsibility to inform the other family prior to arrival at camp.**

### **Do I need to send spending money for the Trading Post (Camp Store)?**

The Trading Post sells Camp clothing items such as sweatshirts, pajama bottoms, t-shirts, and shorts; souvenir items such as pens, lanyards, mugs, and hats; toiletries such as toothbrushes and toothpaste; and healthy snack items.

#### **Resident Camp Trading Post:**

The Camp Trading Post is open at designated hours during the session, and camper villages are assigned specific program times to visit the store. Most campers will visit the camp store an average of two times per week. We recommend depositing a minimum of \$25 for a one-week session and \$50 for a two-week session for snack and incidental items. If your camper is interested in purchasing some of our other items such as Camp t-shirts, sweatshirts, shorts, flashlights, etc., we recommend depositing additional money. The Trading Post will be opened for cash purchases only on Camp check-in and check-out days.

Campers should not have money in their possession while in Camp. Money may be deposited in your child's Trading Post account by cash, check or credit card, prior to their arrival at camp. **Please note that we do not allocate money per sessions.** All money will be entered as a lump sum and your child will need to spend accordingly. Parents may call in at any time to add money to the account.

At the end of your camper's final session you will receive a cash refund of your camper's unspent trading post balance. You must pick up the cash refund in person at the respective Camp Store. At this time, you will have the opportunity to spend the cash at the store, donate the cash refund (either all or in part) to the Camp scholarship fund or simply keep the cash. This is the only opportunity you will have to obtain a refund. Checks will not be issued and cash will not be mailed. Any unclaimed cash refunds will be donated to the Camp scholarship fund. Thanks for your help and support in our efforts to provide children with a memorable experience.

#### **Day Camp Trading Post:**

Lake Stockwell Day Camp T-Shirts and other Camp clothing will be available for purchase for all Lake Stockwell Day campers. You can get our Trading Post Form at Check-in and Check-out, at [www.ycamp.org](http://www.ycamp.org), or at our Camp's Business Office. You simply check what you would like to purchase, attach payment and we will deliver the items to your child at camp before the end of the session. The Camp Store will also be open during our family nights.

## **What if I need to cancel my child's stay at Camp?**

Deposits are **non-refundable under any circumstances**. Refunds on balances paid, less the deposit amount, may be approved up to May 1, 2009. This includes camp activities such as horsemanship, transportation, and overnights, less a \$5.00 cancellation fee per activity per session. Refunds are disbursed in the same form that payment was made. **All refund requests must be made in writing.**

Due to the difficulty of filling cancelled spots just prior to or during the camping season **there are no refunds available after May 1, 2009**. All enrollments after May 1, 2009 must be paid in full at time of registration and are non-refundable. **Homesickness or behavioral issues resulting in a camper being asked to leave camp do not qualify for refund purposes.**

## **PACKING FOR CAMP...**

### **What are some good rules of thumb?**

Campers should bring clothing that can get wet and dirty without concern.

Old sneakers are needed because campers may not wear sandals or open-toed shoes except in the showers.

**All clothing and personal items should be marked with the camper's name to help recover lost items.**

Any staff member can direct you to lost and found at camp, but two weeks after a session, unclaimed items will be donated to Goodwill.

### **Resident Camp:**

On the last page, use the "What to Bring to Camp" checklist. **As you pack, mark the items off on the list.** Check again on return home while unpacking. Since practicing personal responsibility is part of the camp experience, please discuss with your child the importance of keeping track of all personal items. We recommend that personal belongings are packed in a sturdy suitcase, duffel bag, or trunk. If your child's suitcase or trunk has a lock, be sure to give an extra key to the counselor in the event your camper misplaces their key. Some campers prefer the plastic drawers in cabins where space under the bed is not available.

Please be aware that at check-in you will be walking your luggage from the parking lots to the cabins. Most veteran parents bring wheeled luggage or trunks, or even wagons or wheeled carts to transport luggage. We have found this to be very helpful in making the walk easier! We also will have some wagons for you to use, but it could mean a slight wait for a free wagon.

### **Day camp:**

Bring a backpack with a swimsuit, towel, change of clothes, **water bottle**, sunscreen, non-aerosol bug repellent, a pair of comfortable walking shoes, (**open toe shoes/sandals are not allowed**) and a raincoat on rainy days (umbrellas are not encouraged). Any need for a camper to bring special items will be expressed in the Parent Newsletter distributed each Monday. Please be aware that camp is made of 565 acres of trees, dirt and fun! Your child should come home dirty. That means they had a great day with us!

### **Does Camp have guidelines for clothing?**

In our striving to provide an environment of caring, honesty, respect, and responsibility, we ask that you help us by the choices of clothing your child brings to camp. We request that sayings/pictures on clothing be in good taste. Campers should have enough clothing to last the duration of their stay. Those campers staying for more than one session will have the opportunity to have their clothing laundered by an outside service during the weekend using their Trading Post spending money (about \$1.25/lb with a minimum fee of \$10.00). Laundry service is not available during the session. If bedwetting is a problem, please contact the camp director before the session to discuss options.

**Swim attire:** We ask that boys only bring boxer-type swim trunks to camp and girls wear one-piece or modest two-piece swimsuits. **Please do not bring bikinis, thongs, or other skimpy swimwear.**

**Horseback riding:** If your camper is registered for horseback riding, remember to include a pair of long pants (not sweat pants), and hard-soled shoes or boots with at least a 1/2" heel.



### **ROUND TRIP TRANSPORTATION/ BUS PROCEDURES: Day Camp Only.**

If you would like to use this service, you must pay for the sessions and identify the bus stop. **The time indicated is when the bus leaves that stop.** If a parent is not at the bus stop location to pick up a child, the child will remain on the bus and be taken to the last stop. It is then the parent's responsibility to meet the bus there to pick up their child. If you are unsure of where a particular site is, or where at a site the bus will stop, please call the Day Camp Director.

### **How do you handle medications (includes over-the-counter, alternative, vitamins, & prescription)?**

If your child is required to take over-the-counter medication, alternative medication, vitamins, or prescription drugs:

- Medication must be in **original container**. Medications in Zip Lock Bags and Pillboxes will not be accepted.
- Medication will be dispensed as instructed on the **original container**. A doctor's note is required for dose changes.
- Please be sure to include enough medication for the entire stay.
- All medications must be turned over to the Camp Health Care Provider or designated staff on registration day; Please note that the process of dropping off your child's medications can take up to 30 minutes (at resident camp).
- Medications may only be administered by the Camp Health Care Provider or designated staff with written consent from parent or guardian.

### **HEAD LICE**

We check for head lice or the presence of nits on the first day, directly after check-in. Our doctor's standing orders are to send children home if head lice or nits are discovered because it spreads quickly. It is heart wrenching to send home a child who has just arrived at camp and is excited to stay. **Please** don't put us in that position. It is the responsibility of the parents to have their children checked for head lice before coming to camp. The treatment of this condition takes time, and refunds are not considered for time lost.

Certain hair care products can produce by-products that resemble nits. We ask parents to have their campers refrain from using hair spray, mousse, or gel before arriving at camp. Lice and nits are not a serious health concern, but do present that perception at camp if and when they are discovered.

### **Am I going to have to stand in multiple lines or will I be delayed checking in?**

You will not be delayed or asked to stand in multiple lines if you do the following:

- Send in all your forms on time.
- Have all the forms filled out correctly including signatures in the correct spaces.
- Pay your balance on time.
- Make sure you arrive on the correct session, the correct check-in day, and the correct time.
- There is a line if you must drop off medications with the nurse, but we will do all we can to make it a short wait.

### **When do we meet our camper's counselors?**

#### **Resident Camp:**

You will accompany your camper to his/her assigned cabin so you may meet and talk with the counselors. Please feel free to ask questions of any camp staff as we wish to make your camper's stay as pleasant as possible. If someone other than yourself is picking up your child at check-out, or if you will have a mid-week pick-up or early check-out, please inform the Village Chief so they can write it down on the Sign-In/Sign-Out Sheet.

#### **Day Camp:**

If you feel the need to meet your child's counselor, just let the staff at the check-in point know and they will give you direction. Also, day camp families may participate in our Family Nights held at the Ockanickon Dining Hall. Family Nights are offered Wednesday nights during Sessions 2 and 7 from 7:00 PM - 8:30 PM. Families may swim, play volleyball, play sports, hike, try archery, eat lots of food, meet the staff and more. The best part about it is...it's FREE!!!!

### **Does every camper have to take a swimming evaluation after they arrive?**

YES. After all the campers arrive, the groups will visit the lake for a swimming evaluation. Swimming evaluations at the beginning of each session allow us to identify swimming abilities and place children in appropriate swim classes.

## PICKING UP YOUR CAMPER ON CHECK-OUT DAY...

### Where do I go to pick-up my camper?

#### Resident Camp:

Go directly to your child's cabin between 1:00-3:00 PM on Friday (the last day of the camp session). Please try to adhere to these pick-up times, so that you do not get caught in the Day Camp pick-up traffic, which is from 4:30-6:00 PM. We can easily accommodate early pick-up times, but we will not be able to accommodate late pick-ups. If you know you will be late, please call us as soon as possible.

Things to do during check-out:

- Sign your child out on the Sign-Out Sheet with the Village Chief.
- Sign off on your trading post form with the Village Chief.
- Visit the store to pick up your cash refund.
- Pick-up any medications from the infirmary.
- Check to make sure your child has everything they came with.
- Check the lost and found.

#### Day Camp:

Pickup is at Lake Stockwell Lodge at 4:30 pm. On the Friday of your last Day Camp Session, be sure to pick up any medications from the Health Care Provider, and to check lost and found.

#### EARLY PICKUPS

Parents who need to pick their campers up at any time other than the regular 4:00 to 4:30 PM pickup time **must** send a note or call one day in advance. We can make arrangements for necessary pickups as needed throughout the day, but there are natural breaks between 11:30 and 12:30 or at 2:30. Pickups at these times allow for the least amount of schedule interruption. All people who pick up a child from camp early must stop at the main office. The front desk will notify the Camp Director.

### What if my camper is missing some of his/her belongings?

Our counselors make every effort to ensure that your child will return with everything she/he brought to camp. But your child is responsible to ensure that nothing is lost. **Please be sure all items brought to camp are plainly marked with your child's name** and please counsel your child to keep close track of all items. Please be especially thorough on check-out day as sometimes laundry or luggage bags are left. If you discover something is missing upon your return home, please call as soon as possible. The more time that passes, the less likely it can be found. Lost and found items will only be held for two weeks and then will be taken to a local charity (clothing bank or thrift store).

## OTHER IMPORTANT INFORMATION...

### What happens if my child becomes ill while at camp?

If your child becomes sick while at camp, the health care provider, or a designated staff member will notify you. Parents will be responsible to pick up their child if they become sick. For injuries and accidents, parents will be immediately consulted to determine the course of action. In the case of serious accidents or injuries requiring immediate medical attention, the appropriate emergency authorities will be immediately contacted, and your child transported to the emergency room. All attempts will be made to notify the parents or the emergency contacts immediately. Parents are responsible for all fees charged by attending physicians, by the ER, EMS, and/or by the pharmacy for any medications or services prescribed that are not immediately covered by your existing insurance.

### What happens if my child is absent?

Please call camp to report any time a camper will be absent. Please be aware that if your child is absent any day during the camp session(s) that you have registered them for, there are no opportunities to make that time up. There is no refund for missed days due to illness or family activity.

### How can I help reduce the likelihood that my child will experience homesickness?

Homesickness is not uncommon at Camp, especially with first time campers. Our staff are trained to make the transition from home to Camp as easy as possible. You can help your child and us by avoiding "pick-up deals." It is better to assume that your child will love Camp and instill this confidence in him or her. One of our goals for your child is his/her independent

growth away from home. Taking a child home from Camp too soon may hinder their growth in this area. What you can do is write positive and cheerful letters, which continue to express your confidence in their ability to succeed. Don't tell them how much you miss them! If there is a serious case of homesickness, the Camp Director will contact you. For mild cases of homesickness we may not contact you. If you would like us to handle your child's homesickness in a certain way, please contact us before your arrival or make notes on the Parent Confidential Form. In any case, we do not give refunds for homesickness. We will, however, work with you and your child to determine the best course of action. With sensitive guidance almost all children can overcome any initial difficulties and become happy and active campers! Visit [www.campspirit.com](http://www.campspirit.com) for more guidance on how to prevent homesickness.

### **What are the easiest ways to communicate with my camper while she/he is at camp?**

**E-MAIL: Resident Camp Only.** One-way emails to campers are available through an outside vendor. E-mails from this service will be printed and delivered each day. There is a cost. Information will be posted on our website before summer sessions begin.

#### **PHOTOS: Resident and Day Camp.**

The above vendor also offers the ability to view pictures from camp. This website is password protected. Parents can look at photos from everyday activities that the campers participate in. A flyer about this service is handed out on check-in day and the link will be posted on our website. Because our primary job is to provide a safe and fun environment for your child, we cannot guarantee to get a picture of your child online everyday, however our goal is to have several photos per week.

#### **MAIL: Resident Camp Only.**

Because mail does take two to three days, we also suggest that you mail a letter or two a few days before your child leaves for Camp. This way your child will have some mail a few days after arrival. Incoming mail will be distributed daily after dinner. Please clearly mark all envelopes with the child's name, the camp (boys or girls), the session attending, and the village if known. The proper address looks like the following:

**Camper's full Name and Session Number**

**Camp (Ockanickon or Matollionequay)**

**Village (You will only know the village after checking in at camp. Leave blank if sending mail before check-in)**

**1303 Stokes Road**

**Medford, NJ. 08055**

#### **PACKAGES: Resident Camp Only**

Packages should be mailed, but may also be dropped off only at the Camp Business Office during regular business hours, Monday-Friday, 8:30AM to 6:00PM, Saturday 9:00AM to 12:00PM. Packages arriving at the office after 1PM will be delivered on the following day. Please do not attempt to drop off packages at the camp since this is disruptive to camp programming, and you will be directed to the Camp Business Office. Packages should be addressed in the same way as letters.

#### **PHONE CALLS**

Campers are not permitted to make or receive phone calls while at camp.

### **If my camper writes a letter home, will she/he be able to mail it?**

#### **Resident Camp Only.**

**Yes!** Campers will be encouraged to write one letter home each week. Do not be alarmed if the letters are brief and quite irregular as the youngsters are busy at camp and "no news is good news" as far as campers are concerned. Also, early letters may sound upsetting, but usually, by the time you receive the letter, the camper has adjusted and often forgotten what he/she wrote. Stamps and stationery are available for purchase in the Trading Post, or your child may bring their own. (The best way to ensure that your camper will write home is to provide them with already addressed and stamped envelopes.)

### **How can I contact my camper in the event of an emergency?**

Phone calls to or from campers are DISCOURAGED. In the event of an emergency at home, parents should contact the camp at 609-654-8225 Monday through Friday from 8:30 am to 6:00 pm. The Camp Director will then work with the parent to determine the best way to notify the camper. If calling outside of office hours, please use the director's numbers listed on the first page. In the event of an emergency at camp, we will be communicating with parents in two different ways.

- Parents can check our website at [www.ycamp.org](http://www.ycamp.org).
- We will call each camper family by an automated phone message service or a volunteer phone bank.

**Are visitors permitted?**

At camp we have an “open door” policy for the parents of all the campers; however a large part of the camp experience is developing a sense of independence and this can be disrupted by scheduled or unscheduled visits. Often well-meaning parents may unintentionally interfere with the effectiveness of the camper’s enjoyment and growth in camp when they should be engaged in camp activity. We do request that you notify us one day in advance if you are going to visit by calling the Director of the appropriate camp. For safety reasons we require that you check-in with the front office upon your arrival at camp. Visits are preferably held at the Headquarters building in Ockanickon or the Dining Hall at Matollionequay. We do encourage you to use this policy judiciously as visits may escalate those children already prone to homesickness and can have a negative effect on other campers who don’t receive visits from their families. We have found letters/emails to be the best form of communication while children are at camp. Thank you for respecting this policy and please feel free to call the appropriate Camp Director if you have any questions.

**Are there any theme weeks?**

We encourage you to bring costumes (resident camps), or wear costumes (day camp) to the following theme weeks/events.

Day Camp Themes		Resident Camp Dance Themes
Session 1: Wacky Week Session	Session 6: Pirate Week	Session 1: Disney
Session 2: Holiday Week	Session 7: Stockwell Spirit Week	Session 2: Halloween
Session 3: Harry Potter Week	Session 8: Color Wars	Session 3: Western
Session 4: Decades Week	Session 9: Superhero Week	Session 4: Hollywood
Session 5: Disney Week	Session 10: International Week	Session 5: Aloha

**Are the campers allowed to stay over between sessions?**

**Resident Camp Only:** For those campers staying multiple sessions we offer the opportunity to remain at camp. Clearly the pace is much slower than during a regular camp session. Campers must be pre-registered for the changeover program and payment is due at the time of registration. Late registrations are subject to availability. If your camper is staying more than two sessions, we suggest that you take them out of camp for at least one of the changeover weekends. The changeover option is only offered to those campers who will be staying for the next session for an additional fee of \$180; it is not available to campers who are not registered for the next session.

**Can my day camper participate in an overnight experience?**

Lake Stockwell Campers can participate in an overnight experience at Camp on Wednesdays during Sessions 1, 4, 6, & 8. Overnights are offered at an additional cost and are on a first come, first served basis. Overnights fill very quickly, as only 40 children may attend, and sessions may close before the summer arrives.

If your child is interested, register as soon as possible. Enrollment should be made at the time of registration. Payment for this service is required at the time of registration. If your child is under 7 years of age, please consult with the Day Camp Director before you register.

What to bring: sleeping bag, pillow, change of clothes, bathing suit, toiletries, towel, non-aerosol bug repellent, flashlight, and sleep wear. Please call the office if you have questions about other items. All unapproved items are subject to confiscation and will be returned at the end of the camper’s stay.

**Are horseback riding lessons available?**

Yes. (Minimum age required is 8)

During all Camp sessions we offer Horse Riding Lessons and a Horsemanship Program for an additional fee. Our programs are for basic and intermediate level campers. We do not offer advanced level instruction; however, if you are an advanced level rider you are still welcome to participate. All campers who participate in the equestrian program must also bring with them proper riding clothes. This includes a pair of sturdy, hard-soled shoes/boots with at least a 1/2-inch heel and smooth bottom and long pants. All riders must wear a safety helmet while mounted. Camp provides helmets, but it is permissible for your child to bring their own, as long as the helmet is SEI/ASTM certified. The Equestrian Director will inspect your child’s helmet for certification and to ensure a proper fit. Credits will not be given for missed lessons. **Please note that equestrian participants will be absent from some other activities, and the missed activities cannot be made up.**

## Resident Camp Packing List

**What to Bring to Resident Camp. (Clearly mark NAME on ALL ARTICLES!!)**

***DO NOT BRING Electronic Equipment, Jewelry, Fireworks, Guns, Ammunition, Skate Boards, Bicycles, etc.***

### **Clothing**

_____ T-Shirts	_____ Closed-Toed Shoes**	_____ Sweatshirt	_____ Shorts
_____ Sneakers	_____ Bathing Suits	_____ Long Pants	_____ Jacket
_____ Rain Coat	_____ Underclothes	_____ Hat	_____ Pajamas
_____ Socks	_____ Old "Mud" Clothes	_____ Theme Clothes	_____ Shower Shoes

For rainy day mud hikes and boating in the lake, old sneakers work best.

NOTE: Equestrian campers must also bring a pair of hard soled boots or shoes with at least a ½ inch boot heal.

### **Bedding/Personal Hygiene**

_____ Pillow	_____ Pillow Case	_____ Sheets	_____ Blankets
_____ Sleeping Bag*	_____ Beach Towels	_____ Comb/Brush	_____ Shampoo/Conditioner
_____ Soap	_____ Soap Case	_____ Toothpaste & Brush	_____ Shower Towels

### **Miscellaneous Items**

_____ Flashlight	_____ Writing Material	_____ Insect Repellent	_____ Sun Block
------------------	------------------------	------------------------	-----------------

### **Optional Items**

_____ Sunglasses	_____ Camera, Film	_____ Fishing Gear/Rod	_____ Reading Material
------------------	--------------------	------------------------	------------------------

\* Please note that during two-week sessions the campers do a campout on the property and will need a sleeping bag on those nights as opposed to sheets and blankets.

\*\* Flip-flops and sandals may only be worn to the showers and to the waterfront. Closed-toed shoes must be worn at all other times.

All Camp Forms Are On The Following Pages.  
They are also available as separate documents on our website at [www.ycamp.org](http://www.ycamp.org).



YMCA  
Camp Ockanickon  
Camp Matollionequay  
& Lake Stockwell

# Camper Medical History & Medical Examination Form



YMCA  
We build strong kids,  
strong families, strong communities.

Complete and mail to: YMCA Camp Ockanickon, Inc. 1303 Stokes Road, Medford, NJ. 08055 Phone: 609-654-8225

The information on this form is not part of the camper or staff acceptance process, but is gathered to assist us in identifying appropriate care. The Camper Medical History (top half opposite side) must be completed by parents/guardians of minors. An update of Camper Medical History is required annually. The Medical Examination Form (bottom half opposite side) must be completed by a licensed medical physician for campers attending overnight camp. Revised 12/12/2008

<input type="checkbox"/> Ockanickon for Boys	<input type="checkbox"/> Matollionequay for Girls	<input type="checkbox"/> Lake Stockwell Day Camp
<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10

**CAMPER INFORMATION** PLEASE PRINT CLEARLY - This is camper's permanent record.

Last Name	First Name	<input type="checkbox"/> Male <input type="checkbox"/> Female	DOB: / /	Age:
-----------	------------	--	----------	------

**FAMILY INFORMATION:** Applies to those with whom the camper legally resides. Non-custodial parent information is requested below

Street Address	Father/Guardian 1 Last Name	Mother/Guardian 2 Last Name
City	First Name	First Name
State Province Zip	Home Phone	Home Phone
<b>MEDICAL CONTACTS</b>	Work Phone	Work Phone
	Cell Phone	Cell Phone
	Employer's Name	Employer's Name

**EMERGENCY CONTACTS: (required)** List two contacts other than parent(s)/custodian(s)

Phone Number:	Name	Name
Is the participant covered by family medical/hospital insurance? <input type="checkbox"/> Yes <input type="checkbox"/> No	Relationship to Camper	Relationship to Camper
If so, indicate carrier or plan name:	Home Phone	Home Phone
Group #	Work Phone	Work Phone
ID #	Cell Phone	Cell Phone

**Important - The section below must be complete for attendance**

This health history is correct and complete as far as I know. The person herein named has permission to engage in all camp activities except as noted. I hereby give permission to the camp to provide, seek, and consent to routine health care, administration of prescribed medications, and emergency treatment for me/my child, as may be necessary, including, but not limited to x-rays, routine tests and treatment, and/or hospitalization. I also give permission for the camp to arrange related transportation. I agree to the release of any records necessary for treatment, referral, billing, or insurance purposes. It is my intention that the camp be treated as acting in loco parentis if the person herein named is a minor. Further, it is my intention that the appropriate representatives of the camp be treated as "personal representatives" for the purposes of disclosing protected health information pursuant to the privacy regulations promulgated pursuant to the Health Insurance Portability and Accountability Act of 1996. I hereby agree (pursuant to 45 CFR § 164.510(b)) to the disclosure to camp representatives of the protected health information of the person herein described, as necessary: (i) to provide relevant information to the camp representatives related to the person's ability to participate in camp activities; and (ii) in the case of minors, to provide relevant information to the camp representatives to keep me informed of my child's health status. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the camp to secure and administer treatment, including hospitalization, for the person named above. This completed form may be photocopied for trips out of camp.

Signature of parent or guardian or adult camper/staffer: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

I also understand and agree to abide by any restrictions placed on my participation in camp activities.

Signature of minor or adult camper/staffer: \_\_\_\_\_ Date: \_\_\_\_\_

**RESIDENT CAMPERS: DOCTORS MUST FILL OUT MEDICAL EXAM ON REVERSE SIDE AND IMMUNIZATION RECORD MUST BE ATTACHED**

<b>Camper Last Name:</b>		<b>First Name:</b>	
<b>CAMPER MEDICAL HISTORY - To be Completed by the Parent/Guardian.</b>			
Please list all known food, medicine, or other allergies: (Describe reactions and management of the reactions)			
Please list any operations or serious injuries (dates):			
Please list any chronic or recurring illness, past medical treatment, psychological conditions, or Special Needs:			
(Girls) Has this camper Menstruated?	If no, has she been told about it?	If yes, is menstrual history normal?	
Special considerations, suggestions, or reason(s) the camper or staff member should be exempted from camp activities:			
<b>ALL MEDICATIONS (PRESCRIPTION AND OVER-THE-COUNTER) MUST BE:</b> <ul style="list-style-type: none"> <li>• IN THEIR ORIGINAL LABELED CONTAINERS LISTING PATIENT AND DOSAGE.</li> <li>• TURNED IN TO THE NURSE AT CHECKIN BY THE PARENT/GUARDIAN.</li> <li>• SUFFICIENT IN QUANTITY TO LAST THE ENTIRE STAY AT CAMP.</li> </ul>			
<b>RESIDENT CAMPERS ONLY: MEDICAL EXAMINATION - TO BE FILLED OUT BY LICENSED PHYSICIAN</b>			
This examination should be performed within 12 months of arrival at camp. Examination for some other purpose within this period is acceptable. Examination is for determining fitness to engage in strenuous activities. Laboratory tests done at discretion of physician.			
Height:	Weight:	BP:	Resting Pulse:      Date Last Tetanus Shot:
Immunizations up to date: <input type="checkbox"/> Yes <input type="checkbox"/> No		Reason:	
<b>ATTACH A COPY OF HEALTH INSURANCE CARD (BOTH SIDES) AND IMMUNIZATION RECORD TO THIS DOCUMENT</b>			
Recommendations and/or restrictions, physical or otherwise, while at camp. Any ongoing treatment or medications:			
In my opinion, the above applicant is able to participate in an active camp program.			
<b>Doctor Name:</b>		<b>Date of Exam:</b>	<b>Date/Signed:</b>
<b>Address:</b>		<b>Phone:</b>	
<b>Doctor's Signature:</b>			

*RELEASE AND WAIVER OF LIABILITY/INDEMNITY AGREEMENT*

IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA (or for my children to so participate) for any purpose, including, but not limited to observation or use of facilities or equipment, or participation in any on or off-site program or activity affiliated with the YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement that such premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE INCLUDING, BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY ON OR OFF-SITE PROGRAM AFFILIATED WITH THE YMCA, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

1. THE UNDERSIGNED, ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE the YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned or such children and their personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage or cost they may incur due to the presence of the undersigned or such children in, upon or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releasees or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releasees or otherwise while in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.
4. The YMCA is not responsible for lost, stolen, or damaged personal articles and or property. I/ We grant permission for the staff members of the YMCA to search my camper's belongings or personal property.

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of New Jersey and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

I grant YMCA Camp Ockanickon, Inc. full rights to copyright, exhibit, and publish in any medium including, but not limited to, editorial, illustration, promotion, advertising, Internet, or trade all photographs taken by the YMCA and its agents of me and/or my child while the child is participating at the YMCA's events.

**I HAVE READ AND AM VOLUNTARILY SIGNING THIS RELEASE:**

\_\_\_\_\_  
Signature of Applicant/Parent

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name of Child in Program

**Trading Post Account Card** (one camper per card) Initials of Staff Taking Request: \_\_\_\_\_

Please Print Clearly  Ockanickon (Boys)  Matollionequay (Girls)

Name of Camper: \_\_\_\_\_

Total Amt. Enclosed: \_\_\_\_\_ Ck # \_\_\_\_\_  Am Ex  Disc  M/C  Visa

Card # \_\_\_\_\_ Expire Date: \_\_\_\_/\_\_\_\_ Security Code: \_\_\_\_\_

Address: \_\_\_\_\_ Billing Phone: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

At the end of your camper's final session you will receive a cash refund of your camper's unspent trading post balance. You must pick up the cash refund in person at the respective Camp Store. At this time, you will have the opportunity to spend the cash at the store, donate the cash refund (either all or in part) to the Camp scholarship fund, or simply keep the cash. This is the only opportunity you will have to obtain a refund. Checks will not be issued and cash will not be mailed. Any unclaimed cash refunds will be donated to the Camp scholarship fund.

**BUNKMATE (BUDDY) REQUEST CARD** Initials of Staff Taking Request: \_\_\_\_\_

We will try to honor your request, but we cannot guarantee it. You must make the request **TWO WEEKS before** the start of your session. You must limit your request to **ONE other camper, who must be SAME age and grade**. The request must be mutual and in writing. If you are requesting that your child not be placed with a certain child, **it is your responsibility to inform the other family prior to arrival at camp.**

Session #: \_\_\_\_\_  Ockanickon (for boys)  Matollionequay (for girls)  Lake Stockwell (day camp)

\_\_\_\_\_  
Name of Camper Making Request Age/Grade in Sept 09

\_\_\_\_\_  
Name of Bunkmate (Buddy) Being Requested Age/Grade in Sept 09

\_\_\_\_\_  
Parent Making Request Phone