



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAMP HAZEN YMCA RESIDENT CAMP PARENT GUIDE



Dear Parents/Guardians,

Thank you for choosing Camp Hazen YMCA for your child's summer camp experience.

Enclosed in this handbook is practical information to help prepare both you and your child for your session(s) at camp. If you have any questions, please contact the camp office at (860) 526-9529.

Additional information can also be found on our website at camphazenyumca.org. There is a lot of detailed, helpful information online, especially for new families.

You're also welcome to find us on Facebook, by 'liking' Camp Hazen YMCA and sending a friend request to Edward Hazen.

Best regards,

A handwritten signature in black ink that reads "Denise". The signature is written in a cursive, flowing style.

Denise Learned
Executive Director/CEO

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Our Past...your future

This is Camp Hazen YMCA's 95th year of creating experiences where campers learn swimming, canoeing, field sports, archery, outdoor education, drama & the arts. However, as the thousands who have attended Hazen throughout the years know, camp is so much more than that. As a result of the community formed during a summer session, your child gains experiences that peers at home may not. These positive experiences give your child the confidence to excel in other parts of their life. Camp is year-round education. A camp experience will bolster student socialization skills, provide opportunities for leadership development, and help campers achieve their full potential. Though not academic, your child may learn more about themselves in two weeks here than throughout the entire rest of the year.

Camp Hazen YMCA is a co-ed resident camp. Our camp is the perfect place for your child to make friendships that will last a lifetime, while learning about themselves and the world around them. Each session, Hazen hosts 124 boys and 124 girls entering grades 3 through 10. Our 4:1 camper to staff ratio helps to provide individual attention and provide quality instruction and supervision in all aspects of camp life. Camp Hazen YMCA's philosophy is to utilize our numerous programs to provide individual participants with the opportunity to be a vital part of a larger community. Through this group work, campers grow individually in confidence, connectedness and sense of purpose. Our experience shows that this process enables young people to acquire the skills needed to manage the numerous risks of adolescence. It also focuses on assets that are important for success in life.

Our Staff is comprised of young adults from throughout the world.

- All staff are chosen based on their desire and ability to act as positive role models and for their maturity, commitment to children's growth and a love of the camp community.
- Through mandatory pre-camp staff training, staff are trained to provide a safe and encouraging environment.
- All of our cabin counselors are high school graduates. Most have completed at least one year of college or have been an Assistant Counselor with us last summer. All our Assistant Counselors are long time Hazen campers, and have completed our LEAdership Program the previous summer.
- A thorough background check is conducted on each staff member.
- There are at least two staff living in each cabin with eight campers.
- Each of our five villages is led by a Village Director. Village Directors usually have several years of camp experience and have demonstrated a superior level of maturity and skill with children.
- Each session our staff includes at least 1 registered nurse, as well as numerous certified lifeguards and first aiders.
- Camp Hazen YMCA has a year-round staff of 15 dedicated professionals. We are here to ensure that your child's experience is the best it can be.
- Our Camp Director, Kath Davies, has a degree in Education and has been on our Professional Staff since 2002.

Safety

Safety is always a top priority at Camp Hazen YMCA. While our staff will make every reasonable effort to minimize known risks associated with each activity, all hazards cannot be foreseen. By participating in our programs, campers and their parents knowingly and willingly assume all risks associated with participation in a summer camp program. Campers and their parents should fully understand that even after reasonable precautions have been taken, occasional accidents do happen.

Forms

Forms to be mailed, emailed or submitted online by May 1, 2015

2015 Camper Information Form

- This is for BOTH you and your camper to complete.
- This information is essential to help your child meet any specific goals you or they may have and to ensure a positive experience for all campers.

2015 Health History Form

- This form is required of all campers.
- The 4 page Health Form must be completed annually.
- Page 4 is an Authorization, Release and Indemnity Waiver. It must be signed by the parents or legal guardian and must be witnessed by an adult over 21 years of age.

2015 Physical Exam Form

- The physical examination form must be current within 24 months of your campers last day in camp. You may attach a different examination form and/or immunization record (i.e., school or sports physical).
- Campers with expired physicals will not be able to remain in camp.

Health Form Addendum

- Please complete this form if during the past 12 months your child has seen a Health Care Professional to address mental/emotional health concerns.

Form to bring with you to camp at Check-In:

2015 Medication Authorization Form (if needed)

- This form must be completed for a camper to receive any medications (prescription or over-the-counter) brought from home.
- This form must be signed by both a parent/guardian AND a prescribing health care professional, even for over-the-counter medications like vitamins.

- Please do not send any of the medications listed on page 2 of the health form. We keep these medications in stock and our nurses are able to dispense them with your signed permission on page 2 of the Health Form.
- You must complete one form for each medication brought to camp.
- The information on this form must match the label on the medication.
- Please review this form carefully before bringing to camp. We often receive incomplete forms at check-in and are unable to dispense medications to campers without this properly completed form.
- The medications must be in the original containers and properly labeled. This includes epi-pens and inhalers -- often the label is on the box and parents don't realize they **MUST** bring that box with the label.
- This procedure is mandated by both the State of Connecticut and the American Camp Association.

Before Camp Starts

Health Care at Camp

- Two health care staff (at least one of whom is an RN) are on duty for each session of camp.
- In case of illness or accident, our nurses work under standing orders from our physicians at Wildwood Pediatrics in Essex, CT.
- Our Health Lodge is stocked with a number of over the counter medications which the nurses can administer also, under our standing orders. These medications are listed on our Health History Form.
- In case of emergency, campers are taken to the camp physician at Wildwood Pediatrics, or the local emergency treatment facility, Shoreline Medical Center – Middlesex Hospital.
- Parents will be contacted should there be an urgent medical concern, or in the following instances:
 - Camper stays overnight in the Health Lodge
 - Camper visits the nurse multiple times with the same complaint
 - Campers require a medical visit to an outside provider
- If your camper requires a visit to an outside medical provider, the nurses will make every effort to contact you prior to leaving camp. In the event we are unable to contact you, the nurses will make the determination whether an outside medical visit is necessary.

Insurance

- You, as the parent or guardian, are responsible for all medical costs incurred due to injury or illness while your child is at camp.
- In an effort to keep camp costs within reason, Camp Hazen YMCA does not provide health/accident insurance.
- If there is a fee for any medical services, including prescriptions, and we have not received payment by the end of your child's Camp Session, we will use any remaining funds from your child's store account to go towards this balance. Then our Business Manager will contact you directly if there is still an outstanding balance.
- Be sure to attach a copy of your insurance card to the health form.

Balance and Refund Policy

- Your balance of camp fees is due by May 1st, 2015.
- To set up an automatic payment plan, please call the Camp Office (860) 526-9529.
- If final payment is not received by the due date, your registration may be cancelled and your deposit forfeited. VISA, MasterCard, American Express or Discover may be used to charge your balance.
- Camp Hazen YMCA will refund program fees for cancellations made 30 days prior to the start of the session (less deposit). No refund is made for late arrivals or early departures or in cases of homesickness, withdrawal, dismissal, or sickness.

Cabin Assignments & Requests

- We believe that camp is a great place for children to meet new people. We understand that many campers come to camp with a friend; however, we are concerned with the comfort and happiness of all of our campers and must consider the dynamics of the entire cabin group. For this reason, we have limited cabin mate request to one per camper in grades 3-9. Requests must be for campers of the same grade and must be mutual to be considered. We do hold preference to first-time camper cabin mate requests, over others, as we understand a child's initial experience can seem less intimidating when joined by a familiar face.
- If you have a special situation or concern, PLEASE call us ahead of time.



Camp Store Account

- Campers do not need cash while at camp and should not bring any.
- The Camp Store is open each day and campers have the opportunity to buy, sweatshirts, t-shirts, stamps, souvenirs, sportswear, toiletries, flashlights, etc. There is no food or candy sold in the store.
- Store accounts should to be established at the time of final payment. We recommend \$75 be deposited in that account.
- All purchases are recorded and deducted from the camper's account.
- Unspent Camp Store money may be donated to Camp Hazen YMCA's Campership Fund or you may request a refund. Balances of less than \$10.00 will automatically be donated.
- Please consider donating remaining store balances and check off this option on your camper's check-in card at check-in day.
- Please note: refund checks expire 30 days after the date of issuance. Expired checks will automatically be considered a contribution to our Campership Fund.



There are loads of different items available from our Camp Store, this is just a sample of a few:



White Tie-Dye Tee



Hazen T-shirts

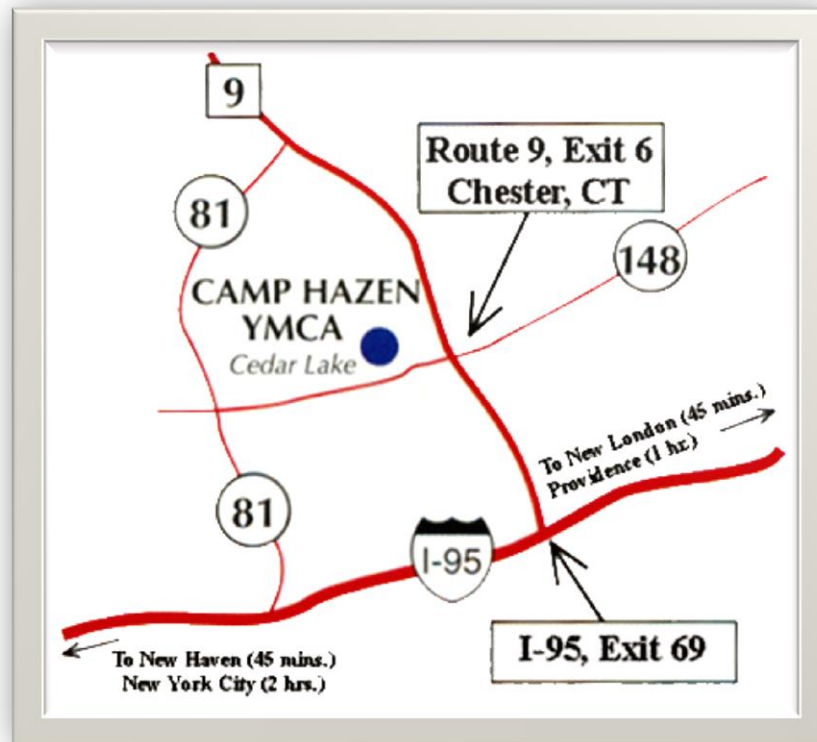


Directions to Camp Hazen YMCA

205 West Main Street . Chester, CT 06412

From the North: Take Route 9 South to Exit 6. Turn right at the bottom of the ramp onto Route 148W. The parking for Camp Hazen is 1.5 miles on the left. Please follow the guidance of our signs and parking attendants.

From the East & South: Take I-95 to Route 9 North (Exit 69). Follow Route 9 to Exit 6. Turn left at the end of the ramp onto Route 148W. The parking for Camp Hazen is 1.5 miles on the left. Please follow the guidance of our signs and parking attendants.



Camper Packing List

Suggested minimum amounts for two-week session
(Adjust accordingly for a one-week session)

*Items available in Camp Store

Clothing

- 8-12 t-shirts* (a sun-shirt is recommended)
- 1 White T-shirt (Tye Dying/All Camp Day Event)
- 1-2 long sleeved shirts
- 6-8 pairs of shorts
- 2-3 pairs of long pants/jeans
- 1-2 sweatshirts*
- 2-3 swim suits
- 1-2 pairs of pajamas
- 13-15 pairs of underwear
- 13-15 pairs of socks
- Raincoat or poncho
- 1- 2 pairs of sneakers (required for some activities)
- 1- 2 pairs of flip flops, crocs or sandals
- Dress Clothes for Final Banquet

Gear

- 1 twin size fitted and flat sheet
- 1 blanket or comforter
- 1 sleeping bag
- 1 pillow and pillow case
- 2 bath towels
- 2 beach towels
- 1 laundry bag*
- 1-2 water bottles*
- Sunscreen
- 1 flashlight* with extra batteries
- Day backpack
- Insect repellent (non-aerosol)
- Toiletries
(soap, shampoo, hairbrush, toothpaste, toothbrush, etc...)
- Container to store & carry toiletries to shower

Optional Items

- Reading material - paper/printed books only
 - Deck of cards
 - Stationery & pre-addressed stamped envelopes
or postcards
 - Skateboard/in-line skates/protective pads & helmet
 - Other program equipment:
tennis racket, softball glove, etc..
- (In-Line skaters must bring their own skates -
all other program equipment is available at camp)

Packing Guidelines

We recommend packing in large duffle bags that can fold and store easily under the campers' bunks. There is only a 9 inch clearance under the bunks where all luggage needs to be stored.

Please carefully label ALL of your camper's items.

- Camp Hazen YMCA is NOT responsible for any items that are lost or stolen.
- No laundry is done during the session.
- Pack together with your camper. This allows your camper to know where everything is and to develop a sense of responsibility. This is also a good time to talk about the experiences ahead and about your expectations, including setting realistic goals about how often they can expect to hear from you and you from them.

All Camp Days

Shirts can be brought from home, or you can buy a white Hazen shirt for around \$13 in the camp store

Session A - Hazen Series - white shirt required
Session B - Hazen Bowl - white shirt required
Session C - Olympics - red, blue, yellow, green (depends on team)
Session D - World Cup - white shirt required

What Not to Bring

At camp we are completely unplugged, which means...No Electronics. Period.

Campers should **NOT** bring any of the following items: cash, any electronic device: iPods, electronic games, e-readers, electric fans, computers, cell phones of any type (even if combined with an iPod, camera or other device), food, pets, fireworks, water guns, vehicles, tobacco products, drugs, drug paraphernalia, alcohol, or weapons of any type. If a camper brings any of the above items to camp, the item will be confiscated and either sent home or held until the end of the session. Campers found in possession of weapons, drugs, alcohol or drug paraphernalia will immediately be dismissed from camp.

Check-In Day

- Check-in for each session is on the Sunday your session begins, from 2:00 - 3:00 PM
- Have your child eat lunch before arriving.
- Please leave pets at home.
- The Camp Store will be open at the Check In Tent. You may buy t-shirts, sweatshirts & water bottle.

Check-In Day Procedures:

- Upon arrival at camp, you will be directed to a parking area and staff will assist you with unloading luggage.
- Proceed to the check-in tent and sign a check-in card and, if needed, meet with the camp nurses.
- Stop at Camp Store Tent to buy your sweatshirt & t-shirt.
- Proceed to your camper's cabin to meet their Village Director and Counselors and to help your camper get settled.
- Say good-bye. Experience has shown us the transition from home to camp is eased by short good-byes that allow your child to jump right into camp life. If you want to stay and get more information or speak to a staff member, please feel free to do so, but allow your camper to join the group while you have your conversation.
- At 3:00 PM, there will be a New Parent Welcome session with the Camp Director, held in the Dining Hall. Please plan on arriving at camp by 3:00pm if you would like to attend this session.

Medications

All medications must be checked in with the camp nurse. No medications can be kept in the cabins, including over-the-counter medication and vitamins. Have your Medication Authorization Form prepared. If you are bringing any medications from home (prescription or over-the-counter, including vitamins & topical ointments), you must have a completed medication authorization form for EACH medication. This form MUST be signed by BOTH a parent/guardian AND the authorized prescriber. ALL MEDICATION MUST BE IN THEIR **ORIGINAL CONTAINER**, WITH A LABEL.

Swim Evaluation

In order to ensure waterfront safety, a swim evaluation will be conducted for all campers to determine your child's swimming ability. The swim evaluation is conducted with the entire cabin group after Check-In. Our goal is to make the swim evaluation as fun and comfortable as possible, while determining an accurate level of swimming ability. For our two-week sessions a swimmer that qualifies as a "flying fish" level (in accordance with YMCA Swim Program standards) will not be required to participate in instructional swim lessons. As we believe that swim safety and skills are important, swim lessons are mandatory for all campers that are below the "flying fish" level.

Water Testing

Cedar Lake is a spring-fed 68-acre lake. The many underground springs flowing into the lake contribute to low levels of bacteria and help to keep it cleaner than other lakes in Connecticut. Both the Town of Chester and Camp Hazen YMCA conduct independent water tests to ensure that the lake is safe for recreational swimming.

Communication at Camp

Mail

- We encourage you to write cheerful, positive letters from home.
- Consider writing a letter three days ahead of opening day so your child has a letter during the first mail call.
- Please do not panic if you don't hear from your camper immediately after arrival as many campers become too busy having fun at camp to write home.
- We recommend sending pre-addressed, stamped envelopes or postcards. First class stamps can be purchased at the Camp Store.
- Mail should be addressed as follows:

Camper's Name - cabin#_
Camp Hazen YMCA
204 West Main Street
Chester, CT 06412

Packages

- You are welcome to send packages. We ask your full cooperation in NOT sending food items.
- Food attracts many animals to the cabins, especially squirrels who chew through the screens to get to food.
- In addition, we have many campers with SEVERE food allergies and if food from home is shared, it could result in a life-threatening situation for a child.
- All campers open packages in front of a staff member. If food is sent, it will be confiscated & disposed of.
- There are many non-food items, which can be sent in care packages. Suggestions include comic books, books, cards, games, bubbles and craft projects. Check out Camp Hazen's Pinterest page (www.pinterest.com/camphazenyumca) for some other fun care package ideas!

Telephone Calls

- New camper parents will receive a phone call from your Village Director by the end of the day Wednesday of the first week to let you know how your camper is doing at Hazen.
- You are always welcome to call the camp office to inquire how your camper is doing. Your child's Village Director will be your point of contact. Please remember that our Village Directors do not spend long periods of time in the office, they are out around camp interacting with the children. They check messages throughout the day and will call you back in a reasonable time.
- To help children develop independence, and also to maintain a safe environment, Camp Hazen enforces a 'No Cell Phone' policy while at Camp. Not only are cell phones disruptive to a child's camp experience, they are expensive and can get lost or stolen. More importantly, if a camper has an issue and calls their parent rather than coming to our highly trained camp staff, our ability to intervene and rectify a problem is greatly reduced, and your child has missed out on an opportunity to build independence by trying to solve some of

their own challenges. We ask that you communicate this policy to your child before their arrival at camp and encourage letter writing as their primary means of contact so that there are no surprises upon arrival.

- We will notify you should any urgent situations arise with your camper.
- If at any time you become concerned about your child, or have an important message that needs to be relayed, please call your child's Village Director or the Camp Director.
- We are always happy to discuss your camper's experience.

E-Mail

- You may send e-mails to your child while they are at camp, using our complimentary email service that you can access through our website.
- Parents receive 20 email credits per camper per two week session (10 credits per one week session), at no cost.
- E-mails received by 10am are printed each day and distributed with mail. (emails received after 10am are distributed the following day)
- Campers will not be able to return your e-mails.
- To set up an email account:
 - Click on the "Email your camper and view photos" link on our homepage.
 - If you registered online for camp this year, you already have an account. You will use the same account to access the photo and email system.
 - If you did not register online, we will set up an account for you. You will receive an email closer to the start of camp with instructions on how to initialize your account.

Photos

- We upload a selection of photos a few times each week to show life at Camp. You can view these photos by clicking on the "email your camper and view photos" link on our homepage.
- Log into your account and click the "View Photos" Link

Facebook

- We make regular updates to our Facebook pages throughout the summer.
- We invite you to friend 'Edward Hazen'
- We invite you to become a fan of 'Camp Hazen YMCA'



Life at Camp

Schedule of the Day

| | |
|---------------------|---|
| 7:00 am | Sunrise Club |
| 7:30 am | Reveille |
| 8:00 am | Waiter's Bell Flag Rising Med Call |
| 8:15 am | Breakfast |
| 8:45 am | Cabin Clean-Up |
| 9:15 am – 10:20 am | Skill Class 1 |
| 10:15 am – 11:20 am | Skill Class 2 |
| 11:25 am – 12:25 pm | Skill Class 3 |
| 12:30 pm | Waiter's Bell |
| 12:45 am | Lunch Mail Delivery and Package Pick up |
| 1:30 pm – 2:30 pm | Siesta |
| 2:30 pm – 3:30 pm | Skill Class 4 |
| 3:35 pm – 4:35pm | Skill Class 5 |
| 4:40 pm- 5:40pm | Beach Party Dickinson's General Store Open |
| 5:45 pm | Harambe Waiter's Bell Med Call |
| 6:00 pm | Dinner |
| 7:00 pm | Flag Lowering Evening Program |
| 8:30 pm | Showers Cabin Chat |
| 9:30 pm | Taps |



Camper – Villages & Age Groups

Our camp is divided into 5 living groups or “Villages” that help to ensure your child’s experience is age appropriate:

- Junianta younger boys (generally grades 3 through 7)
- Sachem older boys (generally grades 7 through 9)
- Mosawka younger girls (generally grades 3 through 7)
- Tamarack older girls (generally grades 7 through 9)
- Onandaga teen boys and girls (generally grades 9 through 10)

Camp Activities

Each week your camper will participate in 4 daily skill classes. Your camper chooses one activity in each of our four program areas: Water Sports, Land Sports, Outdoor Pursuits and Creative Arts. Each cabin group will also participate in Quest, a program of self-discovery & exploration. Hazen offers approximately 30 skill classes each summer. Campers rotate between activities with others in their age group and each camper has a custom schedule. In addition to the instructional activities, your camper will participate in Cabin Activities, Village Activities and All-Camp Activities. Camp Hazen YMCA also offers an hour of “Beach Party” time each day for campers to participate in their favorite activities (from swimming, to boating, to skate park, to land sports) and to socialize with other campers and staff. We believe this schedule offers each camper a variety of opportunities to make new friends and learn from a wide range of peers.

One Week Sampler Camp Program: Our one-week program is designed for campers to try many of our activities. Campers will have one hour in each of our four program areas, and try a different activity each day. They can choose which ‘Sampler Class’ they would like to participate in for each Program Area.

Traditional Two-Week Program: Our two-week program is designed for campers to have the choice to specialize in one activity in each program area, each week. They also have the option to choose a ‘Sampler Class’ in each program area if they prefer.



Program Preferences

One Week Sampler Camp & Session A: For those in our sampler camp program, counselors will go over each of the activities offered on the very first day of camp and rank their favorite activities by personal preference. During this one-week session, we want campers to experience an array of all that camp has to offer so the classes are combined into “Sampler Classes” that teach a new activity in that program area each day.

Sessions B, C, D: In the Spring we will email your camper a program booklet and a preference sheet. The booklet will describe all the activities available to different age groups. Preference Sheets can be completed electronically and emailed back by May 1st. Campers will be assigned to activities based on their preferences. We encourage you to talk to your child about their program choices, but hope you let them make their own choices.

Meals

Campers eat meals family-style with their cabin group in Bunting Dining Hall. Each camper take a turn to be the waiter. Our two week cycle menu is nutritionally balanced and designed to appeal to most appetites. Fresh fruit, salad and a daily vegetarian selection are always available. We are very used to having campers that are 'picky eaters', we will work with them to try a 'no-thank-you-helping' but we will also make sure everyone gets something to eat! We do want to meet the needs of all dietary restrictions. If your child has specific needs, please contact us ahead of time.

A Note on Missing Home

Missing home is a natural feeling and the counselors are there to help. There are many things you can do to help your child be successful. During camp write cheerful, positive letters asking lots of questions about activities and new friends. Express confidence in your child's ability to succeed. Be assured that our staff is well trained to identify and help campers who are missing home. If you receive a letter from your child expressing homesickness, please feel free to contact the camp office. However, please understand that letters sent early in a camp session may relay strong feelings of missing home during this transitional period. Your camper's Village Director will contact you if a camper is really struggling with missing home and discuss ways to improve the situation. (Please do NOT tell your child that you will pick them up or that you will call them if they miss home).

Behavior Guidelines

- As a close-knit community, Camp Hazen YMCA expects each camper to respect themselves and others at camp, as well as the facilities and natural surroundings.
- All members of the Camp Hazen community, including campers and staff, are expected to behave responsibly and appropriately at all times.
- We have done a significant amount of work on our cabins in the past few years, and we ask that you reinforce our no graffiti policy with your camper.
- Families will be charged for the removal of any graffiti or other damage that their campers are responsible for.
- Staff will work with campers to modify inappropriate behaviors.
- Parents will be notified if a camper is placed on a written "behavior contract" to help address recurring inappropriate behaviors. The terms of the "contract" will be made very clear to both the camper and



parent.

- A camper, at the discretion of the Camp Director, may be dismissed for the remainder of his/her session or the rest of the summer for a serious infraction or if inappropriate behavior does not improve.
- Behaviors which may result in being placed on a behavior contract and/or being dismissed from camp include, but are not limited to the following: use of bad language, threats, fighting or bullying, and possession or use of tobacco, drugs or alcohol.
- We ask all our campers to agree to the following:
 - I agree that while participating in programs at Camp Hazen YMCA:
 1. I will listen and follow all safety instructions given to me by Hazen Staff
 2. I will be respectful of those around me
 3. I will be responsible for my belongings and my actions
 4. I will care for the Camp environment and the equipment I use
 5. I will be honest when I do not understand and ask questions
 - I understand that disrespectful behavior is not tolerated in the Hazen Community. If I am having a hard time, the following steps will be taken:
 1. Conversation with Counselor
 2. Conversation with Leadership Staff
 3. Conversation with a Director
 4. Placed on a Behavior Contract, parents will be informed
 5. Dismissal from Camp Hazen YMCA

Multiple Session Campers – Stay-Over Weekends

- If your camper is registered for two or more consecutive sessions, we offer the option of having them stay-over at Camp Hazen the weekend between the two sessions.
- The program is designed for the campers to have a relaxing weekend after a busy session of camp. Staff will be on duty to supervise the campers, provide program activities and meals and help them with their laundry.
- Campers may call home during this time.
- No camper will be allowed to leave camp or be visited by anyone other than parents or legal guardians unless written permission is granted. We ask you to call the camp office in advance if you plan on visiting during a stay-over weekend.
- The fee for the stay-over weekend is \$125 which covers all expenses, including laundry. Please call the office if you wish to register your child for the stay-over weekend.

Visiting Days

Parents, relatives and friends are invited to visit camp at check-in and check-out times. There are no visiting days during the camp session. Visits can be disruptive, as campers are very involved with their activities and new friends. If you are concerned about your child, please call the camp office to speak to his/her Village Director. If you have not had the opportunity to see camp and would like a family tour before camp begins, please call the office.

Spiritual Emphasis

Camp Hazen is an independent YMCA. We stress honesty, caring, respect and responsibility through sensitive and mature leadership. We live in a community that holds a system of values and a positive atmosphere, rather than an emphasis on a particular religious faith. Grace is sung by campers and staff before each meal. A couple of times during a session, campers visit our Chapel. The program is non-denominational and focuses on the core values of the YMCA: honesty, respect, caring and responsibility, in addition to speeches from staff on Healthy Bodies, Open Minds and Awakened Spirits.

Ticks and Lyme Disease

Campers spend the majority of their time outside at camp. Many of our program areas are wooded and we expect that children will come in contact with ticks. Each child showers daily, which should wash off any tick that has not yet imbedded. It is also an opportunity for them to check themselves for ticks. In addition, staff are well-trained to encourage campers to check themselves for ticks. For privacy reasons, counselors do not check campers for ticks. You will be notified of any reported tick bite or rash that appears during your child's stay at camp. You should also discuss with your camper the need to check themselves regularly for ticks during their stay at camp and after any outdoor activity.

Protection from Sun & Heat

As campers spend the majority of their time outside at camp. Campers are responsible to bring their own protective clothing, sunscreen & water bottle. Hazen Staff will remind campers to apply sunscreen & carry their water bottle regularly throughout the day.

Target 289

Through Target 289, Camp Hazen YMCA's Annual Giving Campaign, our goal is to provide financial assistance to 289 children who could not afford to attend Hazen otherwise. As a non-for-profit youth servicing organization, we believe in teaching philanthropy. Your child will learn about Target 289 while at camp and have the opportunity to support it by donating \$0.50, \$1.00 or \$2.89 from their store account. If you choose to donate the remainder of your child's store account, rather than requesting a refund, it also goes to Target 289.



Check-out Day

- All one-week sessions end on the Friday at the end of the week.
- All two-week camp sessions end on the second Friday.
- Check-out is from 6:30 - 7:30 PM. We discourage early check out, but if you need to arrange to pick up your camper early, we ask you to do so before 3:30 to avoid traffic congestion with our Day Camp pick up.
- Please make sure to bring a photo ID with you as this is required for camper pick-up
- Each family will receive a "check-out packet", including detailed camp store purchases and any refunds (if applicable), a cabin photo, sign up card for next Summer and note from your campers counselor.
- Each camper must be signed out before leaving camp.
- Recognize a staff member, by donating to Target 289 in their name.
- Don't forget to save your spot for next summer!

Luggage

- Upon arrival at camp, you will be directed to a parking area.
- The Hazen Staff will help you find your child's luggage location.
- Upon departure your child's luggage will be in the same location as you dropped it off, marked with their name on tags.
- PLEASE...have your camper double check that you have picked up all of their gear before departing Camp Hazen.
- Don't forget to collect your camper's medications from the camp nurse.

Tipping

- If you would like to recognize a staff member for the job they have done, a contribution in their name may be made to Target 289.
- It is against camp policy and the standards of the American Camp Association for staff members to accept tips.

Lost and Found

- There will be a lost & found table set up beside the check-out tent.
- Please be sure to inspect the table for your camper's items.
- Camp Hazen YMCA cannot be held responsible for articles left behind.
- All unclaimed articles will be donated to a charitable organization at the end of the summer.
- In the event that we are able to locate an item that was left behind, it is your responsibility to make arrangements to pick it up.
- Camp Hazen YMCA is unable to ship or deliver forgotten items.

Evaluations & Surveys

Each session, campers are asked to complete surveys on their last day. In addition, parent evaluations are sent home in your check-out package and we will e-mail you with the link to an on-line evaluation. We appreciate you taking the time to complete our evaluation as it helps us to determine what is working and what may need to be changed. Your positive comments as well as your constructive criticism are needed for the continued growth of our facilities and programs and in order for us to best meet the needs of all future Hazen families!

Keeping in Touch

- Our camp office is open throughout the year. Please feel free to contact us at any time at (860) 526-9529 or office@camphazenyumca.org
- In order to protect your family's privacy, we do not distribute personal mailing addresses, phone numbers, e-mail addresses or any screen names for campers or staff. Campers may obtain this information from other campers themselves if they wish to stay in touch.
- We strive to help Hazen campers develop healthy, positive relationships at camp and hope that this will carry over to any communications outside of camp, including through the internet. However, as youth development professionals, we are very aware that many young people do engage in inappropriate "cyber communication." For help in ensuring that your child is safe on-line, a great resource is www.wiredsafety.org
- We also ask our staff not to have contact with your children after camp. We utilize our Facebook page, so friends of Hazen can interact in a public forum.
- Camp staff are hired for the summer and we are not able to monitor their actions off-season. We recommend that you supervise your child's online activities just as you do other aspects of their life in your home. We need you to take full responsibility for any off-season contact your child has with friends and staff from Camp Hazen.

Please do not hesitate to contact the camp office if you have any concerns.



Camp Administration

Denise Learned, Executive Director
Katherine Davies, Camp Director

Program Staff

Rhino Merrick, Assistant Camp Director
Alex Learned, Senior Program Director
Carolyn Learned, Program Director

Office Staff

Laurie Bouchard, Office Manager
Claudia Martin, Business Manager
Sarah Menzel, Project Manager
Stephanie Proulx, Development Assistant

Food Service Staff

Keith Stewart, Food Service Director
Alex Welch, Sous Chef

Maintenance Staff

Michael Learned, Maintenance Director
Dan Feltus, Maintenance Staff
Will Clark, Maintenance Staff
Ed Kowalski, Maintenance Staff



2015 Calendar

| | |
|----------------|--|
| January 16-18 | Winter Camp Weekend |
| January 19 | Martin Luther King Jr. Day- Vacation Day |
| February 16-17 | Overnight EXPO |
| February 16-20 | February Vacation Days |
| March 20-22 | Teen Leadership Weekend |
| May 1-3 | Father & Son Weekend |
| April 6-17 | April Vacation Days |
| April 10-12 | Spring Camp Weekend |
| May 3 | Healthy Kids Day |
| May 8-10 | Women's Wellness Weekend |
| May 22-25 | Memorial Day- Family Camp Weekend |
| June 13-28 | Skills Week/Staff Orientation |

| Resident Camp - Traditional | | Resident Camp - Sampler | | Day Camp | |
|-----------------------------|--------------------|-------------------------|------------------|-----------|--------------------|
| Session A | June 28 - July 10 | Sampler 1 | June 28 - July 3 | Session 1 | June 29 - July 10 |
| Session B | July 12 - July 24 | Sampler 2 | July 5 - July 10 | Session 2 | July 13 - July 24 |
| Session C | July 26 - August 7 | Sampler 3 | August 23 - 28 | Session 3 | July 27 - August 7 |
| Session D | August 9 -21 | | | Session 4 | August 10 - 21 |
| | | | | Session 5 | August 24 - 28 |

| | |
|---------------------------|--------------------------------|
| August 31st & September 1 | Vacation Days |
| September 4-7 | Labor Day- Family Camp Weekend |
| September 14 | Rosh Hashana- Vacation Day |
| September 23 | Yom Kippur- Vacation Day |
| October 9-11 | Mother & Daughter Weekend |
| October 12 | Columbus Day- Vacation Days |
| November 11 | Veterans Day- Vacation Day |
| November 20-22 | Fall Reunion Weekend |
| December 28-31 | December Vacation Days |

OPEN HOUSES

Sundays 2pm-4pm

January 18, February 22, March 22, April 12, May 3, June 7

Parent Resources

The following are some sample topics for discussion that will help prepare your child emotionally for the big adventure at camp:

Friends: “Camp is about making new friends. If you are shy about meeting new kids, then learn to get to know others by being a good listener. Ask questions. Share what you have. Join in. Remember that not everyone in your group has to be your best friend. As long as you treat others with respect and they do the same with you, then you will have a few good friends at camp and that is fine. Of course, if you have more, that’s great!”

Activities: “There are many exciting things to do at camp, many of which you may never have tried before. You may not like all the activities or you may be better at some than others. That’s normal. I do, however, expect you to try. The more you put into camp, the more you will get out of it.”

Respect: “No matter how you feel about anyone else, I expect you to treat people with respect. It is OK to sometimes have angry feelings.....it is not OK to do angry things. If you are having trouble with another camper, you can always talk to your counselor, your Village Director, Alex or Carolyn - the Program Directors, Rhino - the Assistant Camp Director or Kath - the Camp Director.”

Getting help: “Everyone has good days and bad days. If you are having a problem, your counselor is there to help you! You don’t have to wait to tell us if you are upset about something. After all, if your counselor doesn’t know what might be troubling you, they can’t help you. Be honest and ask for what you need. If your counselor doesn’t seem to be concerned or doesn’t help you, then you can go to your Village Director, or Kath, Rhino, Alex or McD.”

Self-image: A great thing to remind your first-time camper about is what his or her strong points are. I would focus not just on what they do well, but their positive qualities as well, such as what makes them a good friend or the type of person other kids would want to know. Helping children to identify their strengths can help them when they are having a set back - one of the inevitable growing pains all children have from time to time.

Talking with your child about these kinds of issues is a great way to support them as they get ready to take this important step on the road to independence.

Sending your child to camp for the first time is a major milestone for most families, one that is often marked with excitement, anticipation and perhaps even some anxiety. Though camp is certainly about making friends and having fun, it is also about being on your own and being part of a community. One of the most important things you, as a parent, can do to help prepare your child for both of these aspects of camp is to talk with your child about it before they go. In fact, it may be better to have several brief talks rather than one long conversation, as children often absorb more when there is less to think about at one time. Children usually do better with this sort of conversation if it is part of a more general discussion, either at the dinner table or while riding in the car doing errands.