



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# COME SPEND APRIL VACATION at **YMCA CAMP SLOPER**

APRIL 10th thru 14th: 9am - 3pm: Extended Care Available at Additional Cost

**Fishing Camp** - For Campers in Grades 3-5

**Specialty Sampler Camp** - For Campers in Grades 3-5

**Traditional Camp** - For Campers in Grades K-5

# APRIL VACATION

## YMCA Camp Sloper Outdoor

### Inside This Packet You Will Find...

- Registration Information
- Medical Form Request
- Membership Policy
- Financial Assistance Information
- Extended Care Registration Form
- Drop Off and Pick Up Procedures
- First Aid Notification Procedures
- Individual Care Plan Information
- Medication Policy
- Insurance Information
- Information on our YMCA Camp Sloper Concussion protocol
- Information on HEPA (Healthy Eating and Physical Activity)

### You Will Also Find Information Regarding...

- Program Descriptions
- Daily Schedule
- What to Wear?
- What to bring?
- What to leave home?
- Program Goals and Outcomes



# APRIL VACATION

## YMCA Camp Sloper Outdoor

### Program Descriptions and Important Information

#### APRIL VACATION CAMP 2023: April 10<sup>th</sup> – April 14<sup>th</sup>

##### **Fishing Camp – Grades 3 – 5**

**Price: Full Member - \$260 Non Member - \$285**

It's Fishing season! Get a head start of fishing season with 4 straight days of fishing. Escape the stresses of life for a week of relaxing, peaceful, and calming fishing by a beautiful private pond. Each day, campers will fish at various locations around the pond in hopes of catching "the big one!". Not only will campers get ample time to fish, but there will also be plenty of time for normal camp activities as well. Campers will also have the opportunity to learn more about the sport of fishing. Campers must bring their own fishing pole, hooks, and bobbers. Camp will supply bait and maintenance. Poles can be stored at camp overnight. *There will be no Swimming or Boating.*

##### **Specialty Sampler Camp - Grades: 3 – 5**

**Price: Full Member - \$260 Non Member - \$285**

Looking for a little of this? A little of that? Then join the Specialty Sampler Camp where each day has a new theme. Get to try out different east coast specialty camps like Ninja Warrior, Camp Perfect, Sports, Fortbuilding, Arts and Crafts, Circus, and many more. This is a great preview into all of the summer time specialty camp offerings without feeling stuck in one. But wait! There's more! Not only will you get to experience various specialty camps, but you will also get the opportunity to do some of the traditional camp activities as well! The best of both worlds! *There will be no Swimming or Boating.*

##### **Traditional Camp - Grades: K – 5**

**Price: Full Member - \$245 Non Member - \$260**

Experience a one-week adventure doing all the things that make Traditional Camp at YMCA Camp Sloper such an awesome time. Traditional activities such as the Superslide, Climbing Tower, hiking, sports, Gladiator Dodgeball, and much more will all be available. *There will be no Swimming or Boating.*

##### **Extended Care – Grades: K – 5**

**Price: AM Only - \$100 PM Only - \$100 Both AM/PM - \$135**

AM Care (morning care) starts at 6:30am and goes until 9:00am when the day starts. Campers will be in activities from the moment they arrive until they get placed into their normal day camp groups. PM Care (aftercare) starts at 3:00pm once day camp ends and ends at 5:30pm. Campers will be in activities throughout their time in aftercare as well. Drop off and Pick up will be at the main office (McLeod Pavilion) each morning/evening. ID is required to sign out your camper at the end of the day.

#### **Daily Schedule**

Morning Care: 6:30am-9:00am (additional cost)

Drop Off at YMCA Camp Sloper: 9:00 am

Morning Announcements and Attendance: 9:15 am – 9:30am

Specialty Camp Activities: 9:30 am – 11:30 am

Lunch: 11:30 am – 12:00 pm

(Campers will need to bring a brown bag lunch including a drink)

All Camp Activity: 12:00 pm – 1:00 pm

LOGS: 1:00 pm – 1:30 pm

Period 4: 1:30 pm – 2:45 pm

Closing and Departure: 2:45 pm – 3:00 pm

Aftercare: 3:00pm-5:30pm (additional cost)



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# APRIL VACATION

## YMCA Camp Sloper Outdoor

**What to Wear:** The month of April can be very wet and muddy at YMCA Camp Sloper; please dress accordingly and be prepared for the cooler spring weather. Do not come to camp in clothes that you plan on keeping clean. All campers should wear sneakers or close-toed shoes at all times. Sandals or open-toed shoes are prohibited for safety purposes.

**What to Bring:** Campers should bring a backpack to camp which will be carried throughout the day. Campers need to bring a bagged lunch and drinks for the day. Lunches will be collected each morning and refrigerated until lunchtime. All items should be marked with the camper's name on them.

**What to Keep at Home:** We believe that certain items are best left at home to maximize your camper's outdoor experience. Campers may not bring cell phones, iPods or other mp3 players, game boys, trading cards, jewelry, matches or knives. YMCA Camp Sloper is a drug and alcohol free facility. Any campers found with drugs and/or alcohol in their possession will be immediately suspended from the program. We are also interested in keeping a clean, healthy image at our camp; clothing with messages referring to drugs, alcohol or sex are not permitted. YMCA Camp Sloper is not responsible for any personal belongings that are brought into camp.

**Registration** for YMCA Camp Sloper's April Vacation Camp begins **Mar 1<sup>th</sup>** for all. Participants may register for April Vacation Camp at either the Southington Community YMCA or the Cheshire Community YMCA. To register:

1. Fill out and a registration form online for each child. [www.ymcacampsloper.org](http://www.ymcacampsloper.org) – scroll down to the April Vacation Camp Register 'Button' **OR** fill out this packet and return to either the Southington, Cheshire, or Sloper front desks.
2. Payment must be made in full for each child. If you are a full member, use the code **MEM23** to receive your discount
3. A YMCA Camp Sloper Medical form, completed by a physician, must be received prior to attending April Vacation Camp.\*

**\*Medical Forms:** State regulations require us to have a Medical Form on file BEFORE a camper comes to camp. Physicals must be within 36 months of the first day of April Vacation Camp. Forms are available at both the Southington and Cheshire Community YMCAs. If your child attended YMCA Camp Sloper in 2021/2022 and you would like us to make a copy of that medical form, please contact Tom Sangeloty at 860-621-8194 x604 or [tsangeloty@sccymca.org](mailto:tsangeloty@sccymca.org)

**\*Individual Care Plans (ICPs):** If your child has special health care or developmental needs you will need to complete the appropriate Individual Care Plan for your child. Care plans will be required for severe allergies, asthma, seizure disorders, chronic illness, specific dietary needs, hearing or visual impairments, history of contagious disease or specific behaviors such as developmental delays or court documentation relating to custody and/or pick up of children. This form is used to ensure all staff caring for your child is aware of his/her specific needs.

**Membership Policy:** Campers do not need to be YMCA members to participate in April Vacation week at YMCA Camp Sloper.

**Financial Assistance:** In keeping with the YMCA mission and philosophy, financial assistance is available through The Southington-Cheshire Community YMCAs for Southington and Cheshire residents. For Financial assistance, please contact Brittney Fontaine at 860-426-9590 with any financial assistance questions or concerns.

**Extended Care:** If you are interested in AM or PM Extended Care for one or more days, you must fill out an extended care registration form located in this packet.

**Drop Off and Pick Up:** Campers will need to be dropped off at YMCA Camp Sloper at 9:00 am. Each child will be signed in at the beginning of the day and signed out at the end. Photo identification will be needed to pick up at the end of each day. If an adult other than the parents will be picking up your child, please make sure they are listed on the approved pick up list on the registration form.

**First Aid Notification Procedures:** During April Vacation Camp there will not be a nurse on site, but several staff will be certified in CPR, First Aid, and Administration of Medications. In addition, a doctor is on call and supervises our medical and emergency procedures. All campers who receive first aid will have their injuries recorded in the First Aid Log Book by the Camp Administrator or appropriate staff person. The Camp Administrator will notify parents of any significant/serious injuries that occur at camp. Unless otherwise notified, any camper that requires further medical attention will be transported to Bradley Memorial Hospital.



# APRIL VACATION

## YMCA Camp Sloper Outdoor

**Medication Policy:** If your camper needs to take medication at camp our certified personnel can dispense it only if the following requirements are met:

- An administration of medication form has been completed by both the physician and parent.
- The medication is in its original container with the child's name on the prescription and is not expired.

**ALL MEDICATIONS MUST BE BROUGHT TO THE CAMP OFFICE** by the parent/guardian and should not be carried or dispensed by campers unless specific written permission has been given to do so. It is the parent's responsibility to provide all medications and authorizations for their child. If both of these are not provided, YMCA Camp Sloper cannot be held responsible for, or guarantee, the health/safety of your child while at camp. **If your child has a documented life threatening medical condition (such as a bee or food allergy, or asthma), the required medications must be at camp for your child to attend.**

**Insurance:** Please take note that YMCA Camp Sloper does not provide accident insurance for campers. This is the responsibility of each camper's family.

### YMCA Mission

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

### YMCA Camp Sloper Credo

Welcome to YMCA Camp Sloper. Here, new experiences are introduced and lasting memories are never forgotten. We reach out to the child in everyone and build character in the leaders of tomorrow. We change lives, build smiles and provide an environment for people to grow. Welcome to YMCA Camp Sloper; love it, share it and preserve it for the next generation.

### YMCA Camp Sloper Staff Philosophy

Be FUN, have FUN, give FUN, everyday!

### Character Development

The YMCA Camp Sloper program promotes five-character development values in all of our programs. During training, the staff is introduced to these values and asked to accept and demonstrate them throughout the summer. Each value is assigned a color that helps the staff and campers in the character value education process. The values are as follows:

#### Caring (Red)

Help others  
Be sensitive of others' feelings

#### Respect (Yellow)

Treat other as I would have them treat me  
Value the worth of every person, including myself

#### Honesty (Blue)

Tell the truth  
Make sure my actions match my values

#### Responsibility (Green)

Do what ought to be done  
Be accountable for my behavior

#### Fun (Orange)

Smile and laugh  
Have a great time; enjoy life

### Goals of the Day Camp Program

#### For Youth Development

- Instill the YMCA Mission and YMCA Character Values of caring, honesty, respect and responsibility.
- Provide opportunities to increase self-confidence.
- Provide positive role models who lead by example.
- Create and develop long-lasting friendships.

#### For Healthy Living

- Lead activities and programs that promote exercise and staying active.
- Develop a connection and enjoyment for being outdoors.



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# APRIL VACATION

## YMCA Camp Sloper Outdoor

- Provide direction for making healthy choices.

### **For Social Responsibility**

- Strengthen social skills by teaching patience, cooperation and teamwork.
- Develop an appreciation and respect for the environment.
- Offer opportunities to develop and improve leadership skills.

### **Outcomes of the day camp program**

- Campers will treat all members of the camp community with the YMCA Character Values.
- Counselors will provide friendship building opportunities and facilitate activities that improve self-confidence.
- Campers will spend more of their time being active and outdoors.
- Counselors will model positive behaviors like patience, cooperation and teamwork and encourage campers to make healthy decisions.
- Campers will have an opportunity to be a leader, both within their group and the greater camp community.
- Campers will become more aware of the value of nature and their role in keeping camp and the environment clean.



# APRIL VACATION

## YMCA Camp Sloper Outdoor

### REGISTRATION FORM

Child's Name \_\_\_\_\_  
Last First

Date of Birth \_\_\_\_\_ Age (as of 4/12/22) \_\_\_\_\_ Grade (as of 4/12/22) \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Gender: Male  Female

Parent's Name \_\_\_\_\_  
Last First Relationship to camper

Address \_\_\_\_\_  
Street City State Zip

Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Work Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Cell Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Email \_\_\_\_\_

Employer \_\_\_\_\_

Parent's Name \_\_\_\_\_  
Last First Relationship to camper

Address \_\_\_\_\_  
Street City State Zip

Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Work Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Cell Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Email \_\_\_\_\_

Employer \_\_\_\_\_

#### Emergency Contact/Approved Pick Up

**\*\*Please contact The Camp Office at (860) 621-8194 if someone not listed on this page will be picking up your camper at any point throughout the week.**

Name \_\_\_\_\_  
Last First Relationship to camper

Address \_\_\_\_\_  
Street City State Zip

Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Work Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Cell Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Email \_\_\_\_\_

Camp Program (circle one) **SPECIALTY SAMPLER CAMP** - **FISHING CAMP** - **TRADITIONAL**

Activity Restriction Information \_\_\_\_\_

Behavior Information \_\_\_\_\_

Medical Information \_\_\_\_\_

Insurance Company \_\_\_\_\_ Policy Number \_\_\_\_\_

My signature below signifies that I agree with all information in this packet. I understand that state law prohibits my child from attending camp without a medical form completed by a physician within 36 months prior to attending camp. My permission is also granted for the YMCA to take/use photographs, slides, moving pictures or video tapes of the person named on this application. I have enclosed payment in full for my child attending YMCA Camp Sloper, and understand that the refund of these fees will be considered according to the refund policy only. I give my child permission to participate in all daily camp activities unless otherwise noted in writing. Permission is granted for the camper listed above to participate and be transported to activities, programs and out-of town trips, understanding that YMCA leadership will be provided. I authorize the YMCA officials to secure medical/emergency attention and treatment for the camper listed above, and to administer any needed medications listed in the standing orders provided by the camp doctor. I am aware that the YMCA Camp Sloper Parent Handbook is available at [www.ymcacampsloper.org](http://www.ymcacampsloper.org) and will read and review the camp rules and policies with my camper. THE UNDERSIGNED VOLUNTARILY AGREES TO HOLD THE YMCA HARMLESS FOR INJURIES OR ACCIDENTS RESULTING IN BODILY INJURY OR PROPERTY DAMAGE DURING MY CHILD'S PARTICIPATION IN PROGRAMS AT YMCA CAMP SLOPER. I FURTHER WAIVE, RELEASE, ABSOLVE, AND INDEMNIFY THE SOUTHWINGTONCHESHIRE COMMUNITY YMCAs, YMCA CAMP SLOPER, ITS DIRECTORS, VOLUNTEERS, OFFICERS OR EMPLOYEES FOR INJURIES OR ACCIDENTS OCCURING WHILE PARTICIPATING IN THE PROGRAMS OF YMCA CAMP SLOPER.

Parent/Guardian Name (Please Print) \_\_\_\_\_ Signature \_\_\_\_\_



# APRIL VACATION

## YMCA Camp Sloper Outdoor

### Extended Care Registration Form

#### AM Care

AM Care will be held at YMCA Camp Sloper. AM Care begins at 6:30 am. Drop-off will be in McLeod Pavilion. An adult must be present at drop-off and sign their child in every morning.

#### PM Care

PM Care will also be held at YMCA Camp Sloper. PM care is available until 5:30pm. All campers must be signed out of the After Care program. A photo I.D. must be presented at sign-out.

#### Cost *(please check your selection)*

- AM Care only: \$100 for the week.  
 PM Care only: \$100 for the week.  
 Both AM and PM Care: \$135 for the week.

Child's Name: \_\_\_\_\_ Parent's Name \_\_\_\_\_

Please list any other people you authorize to pick up your child from PM Care:

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Home Phone # (\_\_\_\_) \_\_\_\_\_

Work/Cell Phone # (\_\_\_\_) \_\_\_\_\_

Please list any known allergies that your child has \_\_\_\_\_



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# APRIL VACATION

## YMCA Camp Sloper Outdoor

### YMCA Camp Sloper Individual Care Plan

Child's Name \_\_\_\_\_ Date of Care Plan \_\_\_\_ / \_\_\_\_ / \_\_\_\_ to \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Child's Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Program Site: \_\_\_\_\_ YMCA Camp Sloper \_\_\_\_\_

#### Special Health / Behavioral Concerns

*If necessary, please specify on the line provided.*

Yes No

- Allergies (food, medication, insects, environmental, etc.) \_\_\_\_\_
- Asthma \_\_\_\_\_
- Vision / Hearing / Speech (glasses, ear tubes, etc.) \_\_\_\_\_
- Chronic Illness \_\_\_\_\_
- Diabetes \_\_\_\_\_
- Seizures \_\_\_\_\_
- Dietary Needs \_\_\_\_\_
- Developmental Variations \_\_\_\_\_
- Emotional / Behavioral \_\_\_\_\_
- History of Contagious Disease \_\_\_\_\_
- Other \_\_\_\_\_

#### Symptoms / Medication / Process of Care

*For each " Yes " answer listed above, please provide the following information.*

#1 Health Concern: \_\_\_\_\_  
 Symptoms: \_\_\_\_\_  
 On-Site Medication:  Yes  No \_\_\_\_\_  
 Steps of Care: \_\_\_\_\_  
 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_  
 Additional Information: \_\_\_\_\_

#2 Health Concern: \_\_\_\_\_  
 Symptoms: \_\_\_\_\_  
 On-Site Medication:  Yes  No \_\_\_\_\_  
 Steps of Care: \_\_\_\_\_  
 1. \_\_\_\_\_  
 2. \_\_\_\_\_



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# APRIL VACATION

## YMCA Camp Sloper Outdoor

3. \_\_\_\_\_

Additional Information: \_\_\_\_\_

#3 Health Concern: \_\_\_\_\_

Symptoms: \_\_\_\_\_

On-Site Medication:  Yes  No \_\_\_\_\_

Steps of Care: \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Additional Information: \_\_\_\_\_

**Name of Health Care Provider:** \_\_\_\_\_ **Phone:** (\_\_\_\_) \_\_\_\_\_

**Parent / Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**\*\* For Administrative Use Only \*\***

Justin Hubeny, Camp Director: \_\_\_\_\_ Date: \_\_\_\_\_

Tom Sangeloty, Asst. Camp Dir.: \_\_\_\_\_ Date: \_\_\_\_\_

Sarah Dupre, Outdoor Cntr. Admin.: \_\_\_\_\_ Date: \_\_\_\_\_

Counselor: \_\_\_\_\_ Date: \_\_\_\_\_

# APRIL VACATION

## YMCA Camp Sloper Outdoor

### CONCUSSION MANAGEMENT

*A concussion is a type of traumatic brain injury or (TBI), “that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from campers colliding with each other or with obstacles, such as a goalpost” (Centers for Disease Control and Prevention, 2009)*

### Signs of a concussion may include (what the camper looks like):

- Confusion / disorientation / irritability Constant attempts to return to play
- Slow / clumsy movements
- Constant motion
- Loss of consciousness
- Disproportionate / inappropriate reactions
- Amnesia / memory problems
- Balance problems
- Act silly / combative / aggressive
- Trouble resting / getting comfortable
- Repeatedly ask same questions
- Lack of concentration
- Dazed appearance
- Slow response / drowsiness
- Restless / irritable
- Incoherent / slurred speech

### Symptoms of a concussion may include (what the camper reports):

- Headache or dizziness
- Over sensitivity to sound / light / touch
- Nausea or vomiting
- Ringing in ears
- Blurred or double vision
- Feeling foggy or groggy

If there is any sign that your camper may have suffered a concussion due to a trauma to the head, he/she will be removed from activities immediately. The First Aid Staff member will evaluate your child and make a call home so that you can follow up with your primary care physician. Your camper will not be permitted to return to camp activities until written medical clearance from a licensed health care professional is received.

For more information on Connecticut regulations regarding concussion protocols for licensed youth camps please visit [www.ct.gov/oec/camps](http://www.ct.gov/oec/camps)



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# APRIL VACATION

## YMCA Camp Sloper Outdoor

### HEPA

The Southington-Cheshire Community YMCA in 2015 made a commitment to healthy eating and physical activity (HEPA) standards in conjunction with the Y of the USA to make a significant impact in improving the health of hundreds of thousands of children nationwide. YMCA Camp Sloper isn't new to healthy eating and physical activity; still there will be some noticeable changes in products offered at vending machines as well as the Sloper Store as we make a commitment to HEPAs implementation.



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