

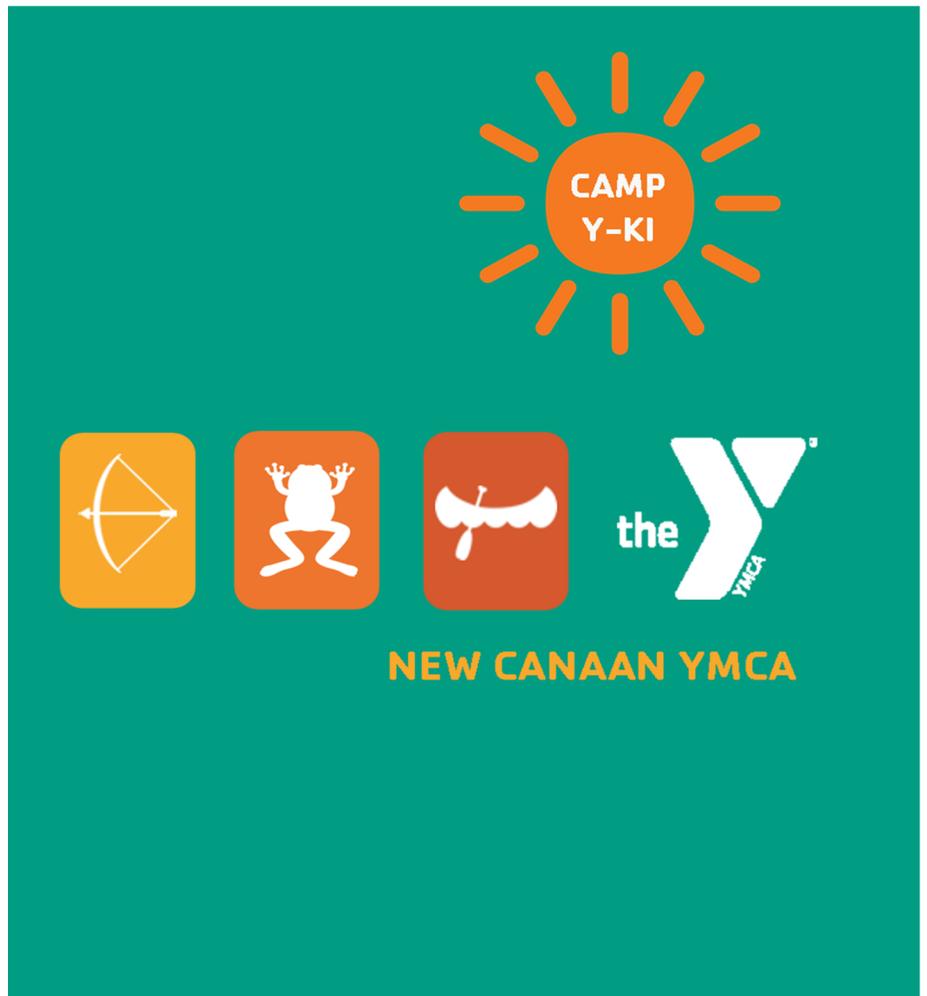


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IT'S TIME TO GET YOUR SUMMER ON

Camp Y-Ki 2020 Parent Handbook

NEW CANAAN YMCA



Camp At-A-Glance

Camp Sessions and Dates

Session 1	June 22– July 3
Session 2	July 6 – July 17
Session 3	July 20– July 31
Session 4	August 3 – August 14

Note: Each camper’s YMCA membership must remain active throughout the camp session.

Camp Hours

Camp Y-Ki is located at Kiwanis Park. 77 Old Norwalk Rd in New Canaan

Staggered Pick up hours are:

Group A: 8:30am-4pm

Group B: 9:15am-4:45pm

More info on page:

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Camp Contact Information

Camp Directors can be reached at the following phone numbers or emails:

George Bennett (Camp Director):

September –June: (203) 920– 634

June 8th-August 14th: (203) 972-4931

OR (203) 594-2307

Email: gbennett@newcanaanymca.org

Carolynn Kaufman (Director of Special Needs Programming):

Year Round: 203-920-1656;

Email: ckaufman@newcanaanymca.org

* Please reach out to Carolynn if your child receives support services in or out of school

Camp Y-Ki Directors:

George Bennett (Camp Y-Ki Director): George has been the Camp Director since the summer of 2018 but has been at Camp Y-Ki since 2011. During that time, he has been a Counselor, Archery Specialist and a Leaders in Training co-coordinator (L.I.T). After graduating from UConn in December '17, with a B.S in History, George took on the year-round position of Assistant Youth Director and Camp Y-Ki Director. During the school year, he runs Middle School Night, Youth @ the Y, instructs the Red Cross Babysitting Courses, leads all Middle School Recreational programs, and assists with family programming. George is excited to keep blending the traditions that made him fall in love with Camp Y-Ki with new and exciting ideas.

Rebecca Evensen (Assistant Camp Director): Rebecca has been a part of the Camp Y-Ki family since 2016. During that time she has been a Special Cares Counselor, Counselor and a Leaders in Training co-coordinator (L.I.T). She graduated from Southern Connecticut State University with a B.S. in Special Education and a B.A. in Elementary Education. During the year, she works at the YMCA in the Bouncing Bears room, Middle School Night and Youth @ the Y. During the year she works at the New Canaan Country School in the Apprentice Program in 4th grade. Rebecca is excited to begin the come back to her position as Assistant Director this summer and to create new memories!

Abby Crowley (Assistant Camp Director): This will be Abby's sixth summer here at camp! After being a counselor and the team building specialist, our unit leader for older age groups, this year she makes the jump to Assistant Director. Abby is at the University of Wisconsin, Madison studying elementary education and special education. She is so excited to be back at camp and hanging out with all the best people. Abby is looking forward to seeing our returning camp families, and meeting the new ones. Abby can't wait to start all the summer fun at Kiwanis!

Camp Staff

Our camp staff is chosen on the basis of experience, specific skills, and the commitment to camp philosophies. Many of our camp staff are former campers themselves! Our high percentage of returning staff ensures continuity and leadership experience. All staff participate in a comprehensive orientation session prior to camp. We pride ourselves in having committed, caring, and responsible staff.

New Canaan YMCA Summer Camp 2020

NEW CANAAN YMCA

Enriching all people in spirit, mind, and body. . .
(203) 966-4528

www.newcanaanymca.org

The New Canaan YMCA is a 501(c)(3) not-for-profit organization that relies on private and public support to fulfill its charitable mission of community service.

Our Promise: We know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening community is our cause. Every day, we work side by side with our community to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

About Camp: Camping, like many Y programs, is all about learning skills, developing character, and making friends. But few environments are as special as camp, where kids become a community as they learn both how to be more independent and how to contribute to a group as they engage in physical, social and educational activities. There's something about Summer Camp memories that stick with us forever. The friendships we make, the skills we learn, and the confidence we build last long after the summer ends.

The New Canaan YMCA Summer Camps have provided thousands of children in our community with a camp experience they never forget. Our camps offer a variety of experiences for children of all ages and abilities, with each camp offering safe and supervised fun provided by a caring, responsible staff. Each child gains something different at camp: making new friends, learning how to swim, self-confidence, independence, and leadership—skills that last far beyond camp.

Whether it's your child's first camp experience or if they are a seasoned camp pro our camp provides an environment where campers are encouraged to grow, have fun, and make those memories that will last a lifetime.

Camp Y-Ki Policies

Covid-19 and the 2020 Camp Y-Ki Season

What follows in this updated Parent Handbook is our most up to date details on the 2020 Camp season which we have come to with the help from the Office of Early Childhood, our local town government, the CDC, and so many more national camp resources. I urge you all to read this entire handbook as this will act as your guide to the summer.

Who can/should attend?

All children and Camp Y-Ki staff will be required to participate in a health screening every day before entering the Camp. These questions will be asked every day to the staff and the parents/caretakers of each child:

- Has there been a change in your child's health status?
- Have you traveled to a country that the CDC has issued a [Level 2 or 3](#) travel designation in the last 14 days?
- Have you had contact with anyone under investigation for COVID-19 in the last 14 days, or with anyone known to have COVID-19?
- Do you have any symptoms of a respiratory infection (e.g. cough, sore throat, fever, or shortness of breath)?
- Have you had a fever within the last 24 hours?
- Have you tested positive for COVID-19 within the last 14 days?
- If you have travelled to or plan to travel to one of the "[hot spot](#)" states, we are asking you follow the advisory of the Governor and quarantine for 14 days before coming to camp.

No child or staff will be allowed to attend or work at Camp Y-Ki if they answer yes to any of the above questions or if they have a temperature of *over* 100.0 degrees.

If you have any reason to believe that your child has a higher health risk due to a medical condition or underlying health concern, you should seek medical advice before considering sending your child to Camp Y-Ki. Parents/Guardians of children that are at higher risk, you must consult your child's medical provider to assess their risk and determine if attendance is acceptable. People who need to take extra precautions include:

- People at higher risk for severe illness
- People who are immunocompromised
- People with asthma, HIV, liver disease, serious heart conditions, lung disease, severe obesity, diabetes

For full details on Higher Risk people visit the CDC website [here](#).

You need to make the right choice for your family. If you have someone in your home in an 'at risk' category, you should carefully consider whether sending your child to camp is the best choice.

Covid-19 and the 2020 Camp Y-Ki Season (continued)

Preventing the spread

Staff is educated and has been trained to take everyday preventive actions to prevent the spread the disease.

- Frequent handwashing (with soap and water for at least 20 seconds).
- Covering coughs and sneezes- and immediately washing hands after.
- Clean and disinfect frequently touched surfaces.
- All children and staff will engage in hand hygiene at the following times:
 - Arrival, and after breaks
 - Before and after preparing food or drinks
 - Before and after eating or handling food
 - Before and after administering medication
 - After using the toilet
 - After coming in contact with bodily fluid
 - After playing outdoors
 - After handling garbage
 - After blowing one's nose, coughing, or sneezing

Facemasks

All Camp Y-Ki Staff and YMCA employees are required to wear a mask that covers his or her mouth and nose when they around campers.

Children are not required to wear a face mask; however, children over the age of 2 can wear a mask if families want.

Covid-19 and the 2020 Camp Y-Ki Season (continued)

Cleaning Procedures

At Camp Y-Ki, we pride ourselves on maintaining a clean, healthy, and sanitary facility. Thus, cleaning and disinfecting frequently touched surfaces will continuously be happening. Every group will have their own dedicated supplies and these supplies will be cleaned thoroughly at the end of every day. Our professional cleaning staff will be cleaning throughout the day and each night.

Cleaning for COVID-19

Per the CDC, if a child or staff member has tested positive for COVID-19, these are the necessary and required cleaning and disinfecting procedures we will follow:

- Close off areas used by the person who is sick.
- Open outside doors and windows to increase air circulation in the areas.
- Wait up to 24 hours or as long as possible before cleaning or disinfecting to allow respiratory droplets to settle before cleaning and disinfecting
- Clean and disinfect all areas used by the person who is sick, such as offices, bathrooms, and common areas
- If more than 7 days have passed since the person who is sick visited or used the facility, additional cleaning and disinfection is not necessary.
- Continue routine cleaning and disinfection.

Covid-19 and the 2020 Camp Y-Ki Season (continued)

Procedures for Staff Member or Participant COVID-19 Exposure or Infection

Prior to returning to work, all YMCA staff are required to sign a “Statement of Understanding.” By signing this Statement, the staff member represents that:

- During the fourteen days prior to signing this document, I have not experienced COVID-19 symptoms (cough, shortness of breath, or any two of the following symptoms: fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell) and will continue self-monitoring.
- I will immediately notify my supervisor and self-quarantine if I either: test positive for active COVID-19, have been in direct contact with someone who has active COVID-19, or develop any two of the COVID-19 symptoms listed above.
- I will have my temperature checked at work or at home, whatever is required of me from the New Canaan YMCA, and if my temperature registers at 100 degrees or higher, I will be required to leave work
- If I am sick, I must remain at home.
- I must wear a mask at work if I cannot maintain social distancing of six (6) feet.
- If I have my own office, I can take off my mask unless I am going out to the facility or having a private meeting in my office.
- I will report knowing of any employee that is experiencing any symptoms of COVID-19 confidentially to my supervisor.
- I will follow the Workplace Safety Procedures and Responsibilities to the best of my abilities.
- I will wash my hands often.
- I will use hand sanitizer often.
- I will clock in/out to the ADP web-clocking on my cell phone properly, honestly, and upon arrival at and departure from the location required by my supervisor, if I am a non-exempt employee.
- I will follow whatever new and effective recommendations are asked of me to help stop and slow down the effects and transmission of COVID-19 in our facility and community.
- Failure to follow the measures in this document could possibly cause actions that may impair the health and safety of others and may impact my employment.
- Despite the New Canaan YMCA’s careful attention to cleaning and social distancing, the New Canaan YMCA cannot warrant that I will not become infected with COVID-19 or any other communicable disease, while at work. Coronavirus or COVID-19 is extremely contagious and spreads easily through person-to-person contact. I am aware that the risk of contracting COVID-19 can only be reduced, not eliminated.

Covid-19 and the 2020 Camp Y-Ki Season (continued)

Procedures for Staff Member or Participant COVID-19 Exposure or Infection continued...

- A thorough cleaning of the area used by the infected or symptomatic individual will be conducted after the area has been closed off for at least 24 hours. We will follow the specific cleaning guides provided by the CDC (see [Cleaning for Covid-19](#) for more details).
- The State's department of public health, the Town's department of public health, and the OEC will be notified (as all we are required to do for all communicable diseases). We will follow the guidance of the Town's department of public health and OEC).
- Staff and participants who have been excluded from the program may return to Camp Y-Ki after the 14 days have passed, provided that at least 3 days (72 hours) have passed since recovery, defined as resolution of fever, if any, without the use of fever-reducing medications AND the improvement of respiratory symptoms (e.g., cough, shortness of breath).

Staff Absences

If a Counselor is absent due to an illness, we have other counselors and directors that can step in and help.

Covid-19 and the 2020 Camp Y-Ki Season (continued)

Illness Policy

The New Canaan YMCA staff strives to maintain a healthy environment for your child. In order to maintain a healthy environment for all the children and the staff, the following policy was established using licensing requirements and by consulting with a pediatrician. Children should be picked up within an hour of a phone call going home regarding illness.

The child will be sent home from the program if he/she shows evidence of any of the following:

- Is unable to participate in usual daily activities (must be able to go outside and engage in all activities)
- Excessive crankiness or irritability
- Auxiliary temperature (under the arm) of 100.0 degrees or more
- Vomiting
- Diarrhea, defined as an increased number of stools compared with the child's normal pattern, with increased stool water and/or decreased form
- Persistent cough
- Open sores that cannot be covered
- Any contagious disease or infection including; a rash, drainage from the eye and head lice

The child may return to the program when:

- Temperature has been normal (child has been fever-free) for 72 hours (without the assistance of medication, (i.e.: Motrin, Tylenol, Advil, etc.)
- Diarrhea has stopped for 72 hours
- Vomiting has stopped for 72 hours
- Persistent cough has been checked by a pediatrician
- Questionable rash has been checked by a pediatrician
- 48 hours after medication for strep, conjunctivitis & any other infectious disease
- After treatment with a head lice medication and staff has determined that the child is lice and nit free
- Children with chicken pox may return after their pox have scabbed over and are no longer open sores

Upon request, Physician's note submitted to Director

Covid-19 and the 2020 Camp Y-Ki Season (continued)

Illness Policy continued...

If a child contracts a communicable disease the parent must immediately report this information to the Director. A doctor's note is necessary for the child to return to the camp, stating that the child is no longer contagious. This includes COVID-19.

Note: Please let the Camp Y-Ki Director know when your child will be absent due to illness or vacation. You may email or you may leave a message with the Director

Illness Examples

Fever

As previously mentioned, a fever is anything over 100.0

Reasons for taking a temperature

Child exhibits outward signs of illness

Child is flushed, has chills, or feels warmer than usual

Child is irritable or lethargic for a length of time

Because a fever may indicate other health concerns a child must be fever-free, without the use of fever-reducing medicine, for 72 hours (three full days) before returning to childcare.

Upon return, child must be able to participate in all classroom activities including outdoor play.

*The childcare teacher will determine if a child has a fever and must leave child care.

Vomiting

Child will be sent home if he/she vomits. Child may return to camp if he/she has not vomited in the previous 72 hours (three full days). If there appears to be blood present in the vomited content, immediate medical attention is necessary.

Covid-19 and the 2020 Camp Y-Ki Season (continued)

Illness Examples continued..

Cough

Child should be referred for evaluation if he/she has a frequent cough which prevents eating, sleeping, playing or which is or is not accompanied by other illness symptoms.

The director has the right to ask for a doctor's note before the child can return to school, in this situation.

Rash

Child with an undiagnosed rash will be sent home for any of the following reasons:

- Rash is spreading over a period of time
- Rash is widespread
- Rash appears to cause discomfort and/or is accompanied by fever
- Rash persists for more than two days
- Rash contains or consists of blisters
- Rash looks like bleeding under the skin

If symptoms do not improve or worsen, re-valuation may be required

Child will be excluded from camp until a note is received from his/her healthcare provider stating the diagnosis or that he/she is not contagious.

Cold

Child may be sent home with any of the following symptoms or complaints:

- Nasal congestion/runny nose
- Chills
- Postnasal drip/sore throat
- Red, watery eyes
- Neck, head, muscle aches
- Sneezing
- Cough/hoarseness
- Breathing difficulty
- Listlessness/loss of appetites
- Fever
- Profuse or yellow-green nasal discharge
- Ear drainage

Covid-19 and the 2020 Camp Y-Ki Season (continued)

Additional Information

Sickness Refund Policy

- If your child is ill and cannot attend camp, Camp Y-Ki will refund you on presentation of doctors note
- If your child has to miss camp due to their group needing a 14 day isolation period Camp Y-Ki will refund for the sessions missed

Multisystem Inflammatory Syndrome in Children (MIS-C) associated with COVID-19

There is no known cause (yet) for [MIS-C](#) but it is possible that your child has the virus that causes COVID-19, been exposed to someone with COVID-19, or may have another infection that may be contagious. Most children have fever (temperature of 100.0 degrees F or 38.0 degrees C or greater) lasting several days, along with other symptoms such as abdominal pain, blood shot eyes, and neck pain among others.

"Out-of-Sorts" Children

Child will be sent home for a change in behavior that severely limits the attention that other children could and should be receiving, i.e., requires constant holding and attention, inconsolable crying for a long period of time, etc. Child should feel well enough to participate in all classroom activities, including outdoor play.

Covid-19 and the 2020 Camp Y-Ki Season (continued)

Medication and Allergies

For medication to be administered to a camper, a photo of the child and an "Authorization to Administer Medication Form" must be signed by a physician and parents, and be on file with the Camp Nurse/First Aid personnel. This must be completed and handed in one week prior to the child's first day at camp. These forms are available through ePact.

Medication must be in its original container, with original label. The container must include the child's name, dosage and times of administration clearly marked.

Medication can only be administered by the Camp Nurse/First Aid personnel.

Allergies or special situations/conditions: On the required "Medical Form," indicate any allergies your child may have, as well as remedies. To ensure your child's happiness and safety please indicate any other situations/conditions which may require attention and contact the Directors prior to camp.

New Canaan YMCA camps are "Peanut/Tree Nut Sensitive" to reduce the risk of anaphylactic conditions.

Note: For any medications for emergency situations — including EpiPens — a "standing order" (to include steps to be followed) from the child's physician must also be on file.

Administration of Medicine

- Fever-reducing and anti-diarrhea medicines will not be administered by parents or Nurse while children are in childcare.
- Nurse can administer prescription drugs with proper CT State Form.
- Prescription drugs must remain in their original container and be accompanied by the required and correct paperwork per the State of Connecticut Office of Early Childhood.
- Nurse must administer the medication as stated on the container
- Parents will be required to send a proper measuring utensil with the child's medicine.

Required Camp Paperwork

All paperwork must be on file with the YMCA by **June 15**.

Children will not be admitted into camp without their completed forms.

All paperwork is now handled through our online paperwork portal called ePACT. Once your camper is registered, you will receive an email from ePACT to fill out the necessary paperwork.

Through ePACT you will fill out/upload:

1) The Information Authorization Form (please update this yearly), that includes names of parents and other individuals permitted to pick up the child.

2) **Upload** the campers Health Assessment Record Must be valid through sessions attended.

Y-Ki Camp medicals are valid for three years from exam date.

BUT during these unusual circumstances the state is allowing us to take Health and immunization records which expired during the declared state of emergency. **AND** If your child has been attending a school that has been temporarily closed due to COVID 19 you are not required to provide a Health Assessment Record **IF** the parent uploads a document that says the child is up-to-date with physical examination and immunizations and provides information regarding any disabilities and/or special health care needs

3) **Complete and upload** all necessary waivers for camp this summer. This includes that state mandated waiver and The New Canaan YMCA's waiver.

4) Please upload a current school photo of your child.

Camp Y-Ki Operation Details

Groupings & Registration Changes

Camps operate in four two-week sessions. All groups can be co-ed and are generally organized by grade. For this year group sizes are strictly limited to 10 campers. Within those groups, children will not have to be socially distanced but we will not be playing any contact sports or doing our typical side hugs. Those campers are to not to mix with other groups while at camp, a schedule has been worked out to ensure that this is the case. Once a camper enters camp with their group they are not allowed to be moved to another group.

Camp registration is currently closed but if you wish to be added to waitlist for any session please let the Camp Director know. Changing registration to another session is not allowed this summer. You must join the waitlist for another session

Group requests are discouraged. However, if a request is desired, parents may inform us in writing of one child their camper would like to be with. Requests must be mutual and made by both parties. We will do our best to accommodate requests, but it is not guaranteed.

Communication

We encourage you to address questions or concerns directly with the Camp Director at a scheduled time to help us ensure social distancing is always adhered to. If you need further assistance, please do not hesitate to contact the Directors Monday through Friday. See contact information on page 2 of this handbook.

Inclement Weather

Camp Y-Ki will operate at the Kiwanis Park facility whenever possible. Please keep in mind that Camp Y-Ki is an outdoor camp and while we do have several areas of rain cover staff and campers may get wet.

Inclement Weather Cancellations or Half Days

Due to the unprecedented circumstances, we are unable to go indoors on poor weather days. We will make every attempt to hold camp, even on rainy days. However, if heavy rain and storms are forecasted for the majority of the day camp will be cancelled. If poor weather is not forecasted until the late afternoon time, we will make every effort to hold camp for as much as the day as possible. We ask that you have someone to pick up your camper in case we have to dismiss early. Detailed instructions on how half day drop off and pick up will work will be sent the week prior to camp and on any day they are being implemented.

New England weather is sometimes unpredictable. We will do our best to make decisions regarding the camp day by 7:30 PM the day before an inclement weather day is forecasted; however, there could be instances where a morning of call might be made. Parents will be notified by email as to the rainy day decisions. We appreciate in advance your patience with us during rainy day decisions. Please make sure we have your most up to date contact information at all times for notifications.

Refund Policy for Rainy Days

If camp is canceled for more than 1 full rainy day each week, you will receive a refund for that day. No refunds will be given for half days.

Camp Drop-Off and Pick-Up Procedures

In order to comply with the states guidance for social distancing, Health Screenings, and separate groups Camp Y-Ki will be using a staggered drop off and pick up system.

These times are as follows:

Drop Off Window One: 8:30am-9:10am and Pick Up Window One: 4pm-4:40pm

Drop Off Window Two: 9:15am-9:40am and Pick Up Window Two: 4:45pm-5:10pm

Proof of Identification Upon Pick-Up Is Required

At each of our camp programs, parents/guardians are required to provide proof of identification (i.e., photo license) upon pick-up of their child. Children will only be released to individuals identified on their Information/Authorization form in our ePact system. This is for your child's safety. Thank you in advance for your cooperation.

- To ensure social distancing parents are not allowed to leave their cars UNLESS their child needs removing from a safety seat. Staff will walk your child to and from their group.
- Campers are required to wash their hands at a designated hand washing station prior to entering and exiting camp.
- Photo identification are required to pick up your camper at all YMCA camps.
- Campers may not be dropped off before the start of the camp day.
- **If you wish to pick up or drop off your child early/late YOU MUST notify and have confirmation from camp staff. Parents CANNOT walk into camp.**
- Please be sure to plan to be on-time for camp pick-up. Late fees of \$5.00 per five-minute intervals will be charged for late pick-up.

Additional Camp-Specific Information

Special Cares Camp & Services

YMCA Special Needs Initiative

It is the belief of the New Canaan YMCA that all children are first and foremost children, regardless of need or ability. All individuals are welcome and encouraged to participate in our programming; adaptations and accommodations are available. Individual differences are to be celebrated in an inclusive recreational experience, allowing the YMCA to fully deliver on its charitable mission of “enriching ALL people in spirit, mind, and body.”



Program Description -Support offered at Camp Y-Ki

The **Special Cares Program within our 3 traditional YMCA day camps**, (ages 3-13 yrs.) provides an inclusive summer camp opportunity for children with special needs. By providing a 1:1 or 1:2 aide, for a maximum of 2 sessions (4 weeks), depending on individual camper needs, children are able to participate in a traditional summer camp program with his/her peers. Support services are offered on a first come first served basis.

For children who attend school ESY programs in the mornings, Camp Y-Ki offers an adjusted fee for **a half day at camp**. For more information contact Carolynn Kaufman at ext. 156 ckaufman@newcanaanymca.org

Camp-Specific Information

Program Description and Location

Swimming*, arts and crafts, non-contact sports, nature, camp songs, outdoor adventure, and special events... The traditional summer camp experience of Camp Y-Ki provides kids with the fun, friends, and personal growth that only summer camp can provide. Held at Kiwanis Park, Camp Y-Ki is an exciting outdoor camp experience for school-age children, offering a variety of activities which help campers build self-esteem, confidence, independence and responsibility—all while enjoying the outdoors with friends.

Swimming

We cannot wait to cool off in the pond! Groups of 10 will have swimming in their own roped off sections, groups will be in the pond at least once a day. Staff will NOT be wearing masks in the pond and will be instructed to keep proper distance (6ft) during these periods. Swim lessons that require contact will not be allowed this summer. Campers who require a PFD (personal flotation device) will have their own that will be cleaned at the end of every day.

Lifeguards will be on duty as normal

Office Hours

The camp office is open 8:15 AM - 5:20 PM Monday through Friday during the camp season. The camp phone, 203-972-4931, will be active as of Monday, June 22. If you wish to meet with a director in person please contact them via phone or email before hand to schedule a safe and socially distanced talk.

If you call and you do not reach them directly, please leave a message on their voice mail and they will return your call as soon as possible.

Please be aware the directors are often out on camp grounds and are not always able to get to the phone.

In case of an emergency, call the YMCA building at 203-966-4528.

Y-Ki Spirit Day

Spirit Days are a critical part of the traditional camp experience; they encourage everyone to be a little wacky and coordinated with their outfits. This year we will be running our usual camp wide spirit days the first week of the session and on the second we encourage every group to come up with their own theme. While participation is not mandatory we strongly encourage everyone to go all out with their outfits!

Y-Ki Camp Newsletter

Each session, Y-Ki distributes a newsletter to keep parents up to date on the goings-on at camp. Along with our weekly emails about what is happening at Camp Y-Ki we are going to be introducing a new photo sharing website available exclusively to Y-Ki parents/guardians. An email regarding the website will be shared prior to the first day of camp along with a password for you to see what your camper is up to!

Calendar of Events and Activities

An event calendar will be emailed to each Camp Y-Ki camper's Parent/Caregiver prior to first day of camp to inform you and your campers of session themes and special events.

Field trips, the family picnic and our Chuck Wagon BBQ have been cancelled this year. BUT we are working on Fruit Pop-Fridays!

What To Bring/Wear To Camp

- **Sneakers:** NO open-toed, loose-fitting shoes or flip flops are permitted. It's easier to have a fun, safe, active day at camp with sneakers on! Slip-on or Velcro are preferred (no Crocs or flip flops for all camps).
- **Sun Block/Insect repellent: A combination of SPF/Insect Repellent is recommended.** Please apply sun block to your camper in the morning prior to the start of camp. Sun block can be brought to camp labeled with your camper's name on it. Campers can keep their sun block in their backpacks/bags. Campers will be encouraged to reapply sunscreen throughout their camp day.
- **Sweatshirt/Light Jacket:** For cool or drizzly days.
- **Rain Gear:** Have your camper prepared for rainy days at camp!
- **Dry Bathing Suit and Towel:** Campers may wear clean, dry bathing suits to camp in the morning (this saves time, providing campers with longer swim lessons). Be sure to pack appropriate clothing and underwear for them to change into. Children may not wear wet bathing suits throughout the whole camp day. Providing a plastic bag to put wet suits in is also helpful. Two suits per day are recommended for Camp Y-Ki and Sports Camp.
- **Lunch:** Campers must bring lunch daily in an insulated lunch box/bag. Lunches **MUST** include an ice pack and beverage. **This will be checked daily by our staff.**
- **Snacks:** Please feel free to provide your child/children with a couple of nutritious snacks to give them energy throughout their active camp day. Snacks should be something that they can keep in their backpacks for quick and easy access separate from lunchbox. Also, please remember that we do have many allergies at camp. Please do not send snacks that contain nuts/peanut butter.
- **Water Bottles:** It is **required** that you send your child with a water bottle to camp daily. To keep water cool and refreshing, we recommend putting ice in your camper's water bottle before arriving at camp. You may also want to try adding water to a half-frozen water bottle. **We will no longer be providing plastic cups.**
- **Hat:** A hat is recommended to keep cool and block the sun.

*****PLEASE LABEL ALL CLOTHING AND PERSONAL ITEMS, INCLUDING: BATHING SUIT, TOWEL, SHOES, LUNCHES, BACKPACKS, WATER BOTTLES, ETC.**

What Not To Bring To Camp

Please do not send campers with electronics, including cell phones, toys, or money* unless otherwise instructed. As we try to be extra mindful of what is and is not brought into our camp and then home to you please make sure you do not bring anything from home, other than items listed on "What to Bring/Wear to Camp" page.

*Please note: Camper backpacks will be kept within their small groups.

Please do not bring dogs to Camp Y-Ki before, after or during camp hours for the health and safety of our campers. This does not apply to service dogs.

The YMCA is not responsible for lost items. Due to risk of transmission of diseases the Y will not hold onto lost and found items.

Face Buffs

All campers will receive a Camp Y-Ki Branded face buff during the first day of their first session of camp! While staff are required to wear them campers are not. However we wanted to provide the option incase any families would like their campers to wear them at camp or out in public!

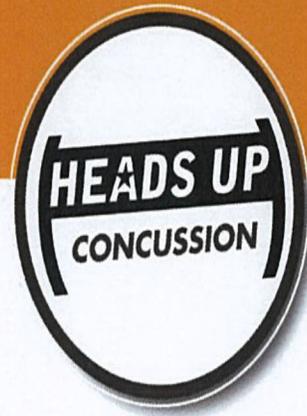
CONCUSSION FACT SHEET FOR PARENTS



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.



WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

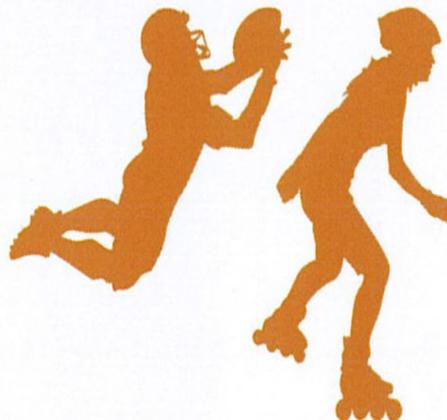
If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

SYMPTOMS REPORTED BY ATHLETE:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY PARENTS/ GUARDIANS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes



DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **SEEK MEDICAL ATTENTION RIGHT AWAY**
A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.
2. **KEEP YOUR CHILD OUT OF PLAY.**
Concussions take time to heal. Don't let your child return to play the day of the injury and until a health care professional says it's OK. Children who return to play too soon - while the brain is still healing - risk a greater chance of having a second concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **TELL YOUR CHILD'S COACH ABOUT ANY PREVIOUS CONCUSSION.**
Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

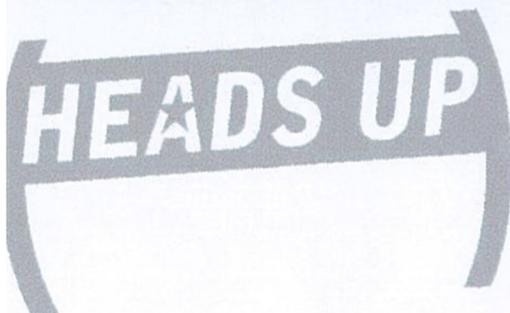
- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no "concussion-proof" helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

HOW CAN I HELP MY CHILD RETURN TO SCHOOL SAFELY AFTER A CONCUSSION?

Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer

Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms. As your child's symptoms decrease, the extra help or support can be removed gradually.



JOIN THE CONVERSATION  www.facebook.com/CDCHeadsUp

TO LEARN MORE GO TO [>>> WWW.CDC.GOV/CONCUSSION](https://www.cdc.gov/concussion)

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

EVERYBODY BELONGS HERE

The New Canaan YMCA's 2020 Annual Support Campaign

Co-Chairs: Kevin Cowser , Pam Norton and Rick Routhier.

At the Y, strengthening community is our cause. Every day, we work side by side with our members, volunteers, and other community organizations to ensure that everyone—regardless of age, income, background, or ability—has the opportunity to learn, grow, and thrive.



The Y's Annual Campaign supports our charitable mission of community service by funding these charitable initiatives:

- **Membership and Program Scholarships:** Last year, the New Canaan YMCA awarded the equivalent of \$250,000 in financial assistance.
- **Programs for those with special needs**
- **Cost subsidies for essential mission-based programs,** keeping them affordable to all.
- **Seed funding for new programs** that respond to our community's changing needs.
- YMCA **World Service** initiatives.

When you give to the Y, your gift will have a meaningful, enduring impact right here in your own neighborhood.

Yes, I'd love to help the New Canaan YMCA.

Enclosed is my gift of \$ _____

No gift is too small, and every gift makes a difference!

Ways Your Gift Can Help Campers This Summer:

Scholarships for financially deserving families

____ \$700-1 session at Y-Ki

____ \$65 Summer Youth Membership

____ \$ Other amount

Special needs programming

____ \$950 1:1 aide at camp

Camp Programming/Equipment

Below are a few items from our director's "Wish Lists"

Camp Y-Ki

____ \$150 - Cross Net

____ \$350 - Stand up Paddleboard

____ \$900 - Nine Square

____ \$2000 - Inflatable Equipment for Pond

Please contact your camp director if you have any questions or are interested in making a donation.

.....
Name _____

Address _____

City _____

State _____ **Zip** _____

Phone _____

Email: _____

Payment Method:

Check Enclosed Credit Card

Card Number _____

Expiration Date _____

Signature _____

Please include this slip with your donation and forward to the Y's Development Office:
564 South Avenue • New Canaan, CT 06840



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

New Canaan YMCA

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Enriching all people in spirit, mind, and body...