

Camp thunderbird

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www.victoriay.com



Outpost FAMILY INFORMATION BOOKLET

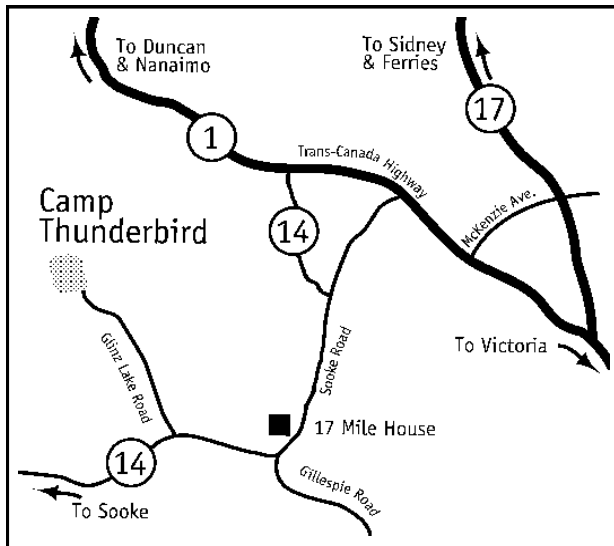


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YOUR PRIVACY

The YMCA-YWCA is committed to maintaining the confidentiality, privacy, and accuracy of personal information it collects, uses and discloses about its participant, members, donors, parents/guardians, staff and volunteers.

At the YMCA-YWCA Greater Victoria (the Y) your privacy is and always has been very important to us. We are dedicated to provide you with superior service while protecting your privacy and safeguarding your personal information.

For more information please visit our website:
www.victoriay.com

Dear Camp Thunderbird Family

Welcome to Camp Thunderbird! Summer will be here before we know it and soon it will be time to start preparing for camp! We hope that this package will help you, and we encourage you to read it through carefully.

Information in this booklet is updated every year, and all of the information is vital for your camper(s) to have a successful experience. Please read carefully even if you have been to camp before!

Life at camp is different from the routines and patterns of home, taking the time to talk with your child(ren) about their upcoming experience is an important step in preparing. Setting a positive tone and clarifying expectations can really help your child make the adjustment. Doing this will ensure your child makes the most of the opportunity to grow and make new friends.

If you or your child have any questions about their upcoming experience, we encourage you to give us a call at 418-1840, or come out and meet us at our Open House or one of our Information Sessions.

We look forward to having your child join us at Thunderbird this summer. Thank you for entrusting us with your child's care. See you at Camp!

Luke Ferris
Manager

Charitable Registration No. 10822 5566 RP0001

CONTACTING YOUR CAMPER

Email

We are excited to tell you about our partnership with Bunk1.com! Bunk1's secure, easy to use, summer web-site services let you stay in touch with your camper all summer!

GET STARTED TODAY

To set up a new account and visit our Online Community:

1. Go to our website at www.victoriay.com/campthunderbird/
 2. Click the flashing "Camper Email" button *
 3. Click "Register Now"
 4. Enter your Pre-Approved Registration Code:
1110173CTB
 5. Fill out all the required information
 6. Purchase Bunk Note credits (you will need a credit card)
 7. Send an email to your camper!
- If you cannot find this button, go to www.ymcaywcacampthunderbird.bunk1.com instead and continue on to the next step

Snail Mail

Thunderbird's Mailing Address:

Camper Name and section (explorer, pioneer, etc)
c/o Camp Thunderbird
5040 Glinz Lake Road
Sooke, BC V9Z 0E3

Sending a letter before your child arrives at camp ensures that they receive a letter during their stay. A letter from home can be a wonderful treat if it is positive and light-hearted.

If you get an unhappy letter from your child, don't panic. In all likelihood whatever made them unhappy when they wrote the letter is long since forgotten, or has been addressed by your camper's counsellor or another camp staff. If you have a concern, please call.

LAUNDRY

A breathable laundry bag is helpful to keep dirty clothes separate from clean clothes.

Campers do not have the opportunity to wash clothes when they are at camp.

MERCHANDISE

Advance sales of Thunderbird merchandise begin in April; an order form will be sent with the spring edition of the "Glinz Lake Gazette".

Complete the order form and return with payment and the items will be waiting at camp.

A limited supply of clothing will be available at the open house in May.

Clothing may also be purchased on the first and last day of each session at camp.

Credit card or cheque is the preferred method of payment.

PREPARING YOUR CHILD FOR CAMP

Camp is an exciting and fun filled place: new friends, new adventures, new skills, stories, songs, campfires and games. It's also a very different place: different bed, different washroom, different food, different schedule and different people.

Along with the excitement of all these new experiences, there is bound to be some anxiety. Here are a few things you might do to keep the anxiety low and anticipation high.

- Read this booklet, camper and parent together, and talk about preparing
- Talk about what it's like living in a cabin with seven other kids and ways campers go about making new friends
- Talk about ways to solve problems at camp—talking with a counsellor or other camp staff
- Campers can prepare for camp by having a sleep-over and sleeping in sleeping bags at home and at a friends house
- Attend an information session and slide show or the open house so you can see the camp and meet the staff as a family
- Sign up for FAMILY CAMP to get a taste. You'll meet some of the staff, taste the food, test out the bunks and try some of the activities.

Mothers/Fathers and Families:

- Write and mail a letter before the camper leaves for camp so it will be waiting at camp when he or she gets there
- Focus on the positives like all the new skills they will learn and build confidence in the skills they already have

TELEPHONE

No phone is available for campers to regularly make or receive calls while at camp. If you would like to speak with the Manager (extension 225) or Summer Camp Program Coordinator (extension 227) for any reason, please feel free to phone the camp.

250-642-3136

COME AND MEET US

Our staff have a vested interest in helping prepare your child for camp. Well-prepared young people tend to prosper in any camp environment.

Our information sessions and open house provide excellent opportunities for campers and parents to meet our staff and discuss programs, care and values inherent in each Thunderbird program. We are sure that both new and returning camp families will find these events informative and enjoyable.

Please plan to attend! (Call us for details)

CAMP PROGRAMS

Campers will be offered individual instruction in skills areas, take part in cabin group activities, and participate in special games and theme days involving the entire camp.

Most activities at camp are done in a cabin group. Y camps across North America have found that activities focused around a small group of peers encourages the development of close friendships as campers play and meet challenges together.

We do our best to foster an atmosphere of cooperation rather than competition. If we run an activity containing some element of competition, we focus on challenging campers to achieve their own goals, rather than encouraging them to measure their accomplishments against the achievement of others.

On the first day of camp the group will sit down with their counsellors and discuss which activities they would like to try during the session. The counsellors then modify their program, ensuring it is safe, active, age appropriate and skill appropriate. There are times when it is impossible to fulfill all of the individual camper objectives in a group. Counsellors will do their best.

OUTTRIPS

Outtrips are an integral part of a Thunderbird experience. Outpost campers spend 5 days on trip.

There are many benefits and risks associated with Camp Thunderbird Out-trips. Campers and their parents should be aware of the remote nature and potential dangers involved. If you are not familiar with the area, equipment and length associated with your trip, please ask questions and become informed.

Campers will help in the packing and planning process. They

MISCELLANEOUS

A TYPICAL DAY AT THUNDERBIRD

| | |
|--------------|--|
| 7:00 am | Wake –up |
| 7:30-8:00 am | Flag raising and thought for the day, morning walk around the lake (a great start to the morning) and Polar Bear dip |
| 8:15 am | Table setters, two campers from each cabin group set their cabins table in the dining hall |
| 8:30 am | Breakfast |
| 9:15 am | Cabin clean up-Campers return to their cabin to clean up and prepare for day |
| 10:00 am | Outpost Interest Groups/Cabin Program. Outpost campers choose from canoeing, kayaking, climbing or wilderness pursuits and focus on these skills the mornings they are in camp |
| 12:15 pm | Table setters |
| 12:30 pm | Lunch |
| 1:15 pm | B.O.B. (Bodies on Bunks) Everyone is given time after lunch to sleep, read or write letters home |
| 2:30 pm | First activity (usually in cabin groups) |
| 3:30 pm | Second activity (or first continued) |
| 4:30 pm | Disco Hour/Swimming—campers get the opportunity to choose an activity |
| 5:15 pm | Table setters |
| 5:30 pm | Dinner |
| 7:00 pm | Evening Program (cabin group or camp wide) |
| 8:15-9:15 pm | snack/bedtime prep/check-in/lights out |

CAMP BEHAVIOUR POLICY

It is our goal to provide a safe, comfortable and supportive environment. Staff are trained in providing high quality care for our campers and ensuring that the needs of each individual are met.

Camp Thunderbird provides 24 hour supervision of campers. This means that a cabin group will always have at least one counsellor present to ensure a positive experience. If the cabin group is separated for activities (during interest groups or other individual choice time) there will also be at least one Thunderbird staff with the campers. This high level of supervision helps to prevent the occurrence of bullying and also ensures someone responsible is present for safety.

If a situation arises where a camper threatens the safety or security of another camper, or if a camper shows disregard for camp guidelines, we will make every effort to encourage appropriate behaviour and contact the parents.

If we are not successful in encouraging appropriate behaviour, the child will be dismissed from camp at the management teams discretion. Camp will not be held responsible for any costs associated with a dismissal on the grounds of disruptive behaviour.

Parents of campers are kept abreast of any concerns and progress. Parents may also be asked to assist in creating a positive environment for all.

will then leave on their trip carrying all that they need with them.

All groups have a preparation day before their trip. This day is spent learning and practicing some of the basic skills and emergency skills specific to their type of trip.

TRIP DESCRIPTIONS

Outpost Sea Kayak

Central Gulf Islands: The group paddles between Cedar and Chemainus, camping on Tent, Valdes and deCourcy Islands.

Outpost Canoe

Sayward forest Canoe Route: The group paddles and portages along 50 km of lakes and rivers in the Sayward Forest Canoe Route near Campbell River.

Outpost Backpack

Juan de Fuca Trail: The group hikes along beaches and old growth trails between China and Botanical Beaches on the Juan de Fuca trail near Port Renfrew.

Trip leaders carry VHF Marine Radios, Satellite Phones or Cellular Phones in case emergency communication is required. Radios and portable phones do not always work due to terrain and atmospheric conditions.

PHYSICAL PREPARATION for out-TRIP

While the trips are not “Ironman” competitions in any way, you will need to have a base level of physical fitness in order to remain safe and get the most from the experience.

On your trip you can expect to be active, moving from campsite to campsite, for as much as 6 hours a day. Getting out and getting active now will make your trip all the more enjoyable come summer.

WHAT TO BRING

The checklist on the following page is a good guideline for packing for camp. Please encourage campers to wear old clothes you won't mind coming home dirty or getting lost.

We do not recommend that campers bring expensive clothing to camp.

Cotton vs. Synthetic Fabrics

Cotton does not insulate the wearer when it becomes wet and takes a very long time to dry. Try to avoid cotton for the Out-trip.

Synthetic fabrics such as polyester, polypropylene, nylon, spandex and fleece are better suited to a wilderness outtrip. These fabrics keep the wearer warm even when wet, and they dry very quickly. Wool takes a long time to dry but insulates relatively well even when wet.

Sleeping Bags

Sleeping bags should be warm and compactable, rated to –5 degrees or colder.

Down sleeping bags are warm but are difficult to dry once wet and should be avoided if possible. Hollofil, Qualofil, Polar Guard or other synthetic fills are best.

Rain Gear

If any prescription drugs are necessary as a result of the doctor's consultation, you will be billed for the amount after camp.

HOMESICKNESS

It is reasonable to assume that until they become adjusted to camp life, your child might go through a period of homesickness. Homesickness is a natural response for children and adults when they come to camp.

Camp staff are trained to detect early symptoms of homesickness help children feel comfortable at camp. The first thing the counselors will do is empathize with the camper and share their own experiences with homesickness. Our Counsellors are people who enjoy being with kids and will take the time to listen. Our Section Directors, who oversee the Counsellors, have many years of camping experience and excellent counselling skills. This support system watches over all of the campers and an attitude of caring is reflected in all of our staff.

If your child is homesick, we will take the following steps to ensure a positive experience.

- Your child's Counsellor will comfort and work with your child to overcome the negative aspects of homesickness
- If your child continues to show strong signs of homesickness, the Section Director will become involved
- The Staff **may** contact the parent(s) to discuss options and strategies for working with your child
- As a last resort, we may ask you to talk to your child to help him or her through the experience.

In most cases these steps will allow your child to overcome their homesickness and enjoy their remaining time at camp.

CAMPER WELLNESS

CAMPER HEALTH FORMS

You have provided all necessary medical information on the registration form. Please feel free to provide us with more information by mail, fax or e-mail if you think it would be beneficial. We will keep it in your campers file and staff will have access to that information.

MEDICATIONS

All medications are stored with the Wellness Coordinator or Section Director unless otherwise arranged. Staff keep a written record of the date and time of medication distribution.

Please make sure that any medications your camper may have are in the original package and are labeled clearly with the camper's name and instructions for use.

If you are dropping your child off by car you can choose to meet with the Wellness Coordinator on the first day to discuss the medications necessary for your child.

All campers have a "Wellness Check" on the first and last day of camp. This is a great opportunity for your campers to meet with senior staff and the Wellness Coordinator.

IN CASE OF INJURY OR ILLNESS

If your camper becomes ill and is diagnosed as being either contagious or too ill to remain at camp, we will contact you. Until they are picked up your child will be isolated from other campers in the Wellness Centre and cared for by the Wellness Coordinator or another senior staff member.

If your child becomes injured and needs to be seen by a physician, you will be contacted. If contact cannot be made in a timely fashion the Manager or Assistant Manager will arrange what he/she feels is best in terms of treatment.

Good rain gear (coat and pants) is important, since camp programs continue despite the occasional rainy day.

Windbreakers are not rain gear.

When purchasing rain gear look for coated nylon with "sealed" seams.

Packs & Footwear

A pack that is easy to pack and comfortable to wear and sturdy hiking boots can make a long day hike much more enjoyable.

Hiking boots should be broken in before coming to camp. Breaking in new hiking boots on the trail can be very painful.

CHECKLIST

Label everything

We suggest sew-on labels for clothing items, and an indelible marker for other items. Include the camper's full name. Try to ensure that your camper can recognize the items that belong to him/her.

In Camp and Outtrip

All out-tripping equipment listed is required, please contact us if you cannot make arrangements for this gear. We can assist you in making arrangements. Please see page for detailed information.

- sleeping bag (Hollofil, Qualofil or Polar guard quality, -5 degree Celsius)
- sleeping pad (to insulate against the cold ground, en-solites or other closed cell foam pads are best, small enough to keep on the exterior of a back-pack)
- backpack (large enough to pack belongings, including sleeping bag, clothes and group gear)-(not necessary for sea kayaking trips)
- water bottle (a 1 litre pop bottle works great)

- utensils (bowl, spoon and cup)
- rubber dry-bags for waterproofing (only for canoeing and kayaking trips) No bigger than 20 litres.

Clothing

- 12 day supply of underwear
- 12 day supply of socks (wool socks are best)
- 4 pairs of shorts
- 4 pairs of pants (sweatpants are warmer than jeans)
- 5 to 6 t-shirts
- 3 long-sleeved t-shirts
- 1 to 2 warm pullovers (wool or fleece)
- 1 to 2 sweatshirts
- warm jacket
- hat (for those rainy or sunny days)
- raingear (needs to be waterproof, jacket and pants)
- toque and mitts (for cool nights on outtrip)
- pajamas
- 2 pairs of shoes (1 for daily wear, athletic shoes or sport sandals & 1 sturdy pair of hiking shoes or boots for out-trip)
- 2 bathing suits

Personal Items

- biodegradable soap and shampoo
- toiletries, comb, toothbrush, Kleenex, etc.
- sunscreen (SPF 15 or higher)
- Insect repellent no aerosols please

Other

- pillow
- towel

- day pack
- stationery and pens (stamped envelopes)
- flashlight (extra batteries)
- breathable laundry bag
- camera and film (optional)
- book (optional)
- slippers for the dining hall

Other Useful Items

Dry-bags—rubber sealable bags available from outdoor gear stores—are used on sea kayak and canoe trips. They ensure that belongings stay dry in the worst conditions. These bags should hold the sleeping bag and a set of warm clothes.

Thunderbird does provide some dry bags for group use, but it is an advantage for participants to have at least one 20L or two 10L dry-bag(s) for their own gear (no bigger than 20L so they can fit into the sea kayak's hatches).

Personal Equipment—if campers have their own personal equipment for canoeing or kayaking, please bring them (for example, a lifejacket or paddle).

PLEASE DO NOT BRING

| | |
|-----------------|------------------------|
| Cell Phones | Portable music devices |
| Matches | Hair Dryers |
| Firearms/Knives | expensive clothes |
| Hatchets | Money |
| Tobacco | Food |
| Video games | Other valuables |