



A GUIDE TO SUMMER AT YMCA CAMP CHINGACHGOOK



MESSAGE FROM JINÉ

As a director and alumni of Camp Chingachgook, I have seen first hand how summer camp can truly change a child's life. I am thrilled to extend a warm welcome to you and your camper for an exciting and memorable summer ahead. We are eagerly counting down the days until the start of camp, and we can hardly wait to embark on this incredible journey with your camper(s)!

At YMCA Camp Chingachgook, we believe in the magic of camp. We believe in creating a safe, welcoming, and inclusive community for all, where we constantly strive to improve ourselves and others. We focus on building a deep connection with the natural world and those around us. We believe in instilling confidence and independence in everyone who steps foot on camp. We value the opportunity to teach, learn, and grow with campers of all backgrounds through programs that promote our core values of caring, honesty, respect, and responsibility.

Each summer brings its own special character to our history, and while no two summers are exactly the same, the traditions that foster personal growth, community and connection to nature are what make Chingachgook a one-of-a-kind experience year after year. Your commitment to this community motivates us to continue to provide a safe place for kids to be kids.

The Camper Handbook is an invaluable resource that contains essential information about our camp policies, daily schedules, health and safety procedures, and a many other details to ensure that your child has a positive and safe experience. **Please take the time to review this handbook carefully with your camper, as it will serve as a valuable reference throughout their stay.**

After reviewing the handbook, if you have further questions or concerns, our dedicated staff is here to assist you. Feel free to reach out to our Camp Office at 518-656-9462 or chingachgook@cdymca.org, and we will be happy to provide any additional information or clarification.

We are committed to fostering an inclusive and supportive camp community, and we are excited to witness the growth, friendship, and joy that your camper will experience throughout the summer. Thank you for entrusting us with the privilege of being a part of your child's summer adventure. We can't wait for another unforgettable summer by the lake!

Best wishes,

Jiné Andreozzi



Executive Director



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CAMP MAP

YMCA Camp Chingachgook



Camp Chingachgook Alumni Association Mission

To support YMCA Camp Chingachgook's growth and progress, preserve its history, maintain its traditional values, and provide opportunities for Alumni and friends to stay in touch with each other and Camp Chingachgook.

This map is a centennial gift to camp from the Camp Chingachgook Alumni Association
www.LakeGeorgeCamp.org

TAKE A VIDEO TOUR OF CAMP!

DIRECTIONS

On the eastern shore of Lake George, at the foot of Buck Mountain, sits one of the most beautiful camps in the world! Our Camp is situated on over 250 acres and includes both waterfront access and private hiking trails.

Camp Chingachgook is about 65 miles north of Albany, NY at 1872 Pilot Knob Rd., Kattskill Bay, NY 12844. Chingachgook is approximately four miles down the road (almost to the end) on the right.

The speed limit on Pilot Knob Road is 30-35 MPH and is monitored by radar. Please be respectful to our neighbors and abide by this speed limit at all times.



CONTACT INFORMATION

Address: 1872 Pilot Knob Road
Kattskill Bay, NY 12844

Website www.LakeGeorgeCamp.org

Contact Numbers

- Office 518.656.9462
- Fax 518.656.5221
- Emergency Phone 518.656.9462 x4357

AMERICAN CAMP ASSOCIATION



Camp Chingachgook is an accredited member of the American Camp Association (ACA). As part of our membership, Camp must adhere to the strict guidelines set by the ACA. This includes the successful completion of

regular on-site visits and paperwork reviews. To find out more about ACA, please visit www.acacamps.org.

DEPARTMENT OF HEALTH

Chingachgook is licensed by the NYS Department of Health (DOH) and is inspected yearly. Inspection reports are filed at Chingachgook and at the NYSDOH District Office, 77 Mohican St., Glens Falls, NY 12801.

More information can be found in the "Children's Camps in New York State" brochure, [provided here](#).

OUR HISTORY

Camp Chingachgook was established in 1913 by the Schenectady YMCA and is one of the oldest children's camps in America. The name Chingachgook (we pronounce it chin-ja-cook) is from the novel *Leatherstocking Tales* by James Fenimore Cooper.

In 1912 a group of boys under the leadership of the Schenectady YMCA's Boy's Work Secretary (Claude E. "Pops" Drake) made an exploratory trip of Lake George using a motor-powered war canoe named "Chingachgook." Continued interest in the opportunity for boys to experience the outdoors led to the establishment of a small encampment on Basin Bay, across the lake from Pilot Knob, in the summer of 1913. The 1914 season enrollment skyrocketed, necessitating a much larger campground, and the Camp's present Pilot Knob site was purchased.

The Schenectady YMCA (Camp Chingachgook) and the Boy Scouts (Camp Rotary) jointly operated the Camp between 1921 and 1941. The first female campers joined Chingachgook in 1976. Adventure Trips were started in the 1960s with canoeing trips to Canadian wilderness areas. In 1989, Chingachgook led the way as the first YMCA camp in the country to host campers from the Soviet Union. Day Camp was introduced in 1997 and has steadily grown since.

Many summer seasons have come and gone since these early days of Camp, but the traditions and values that brought campers to Chingachgook long ago are still alive and well today. The waters of Lake George still refresh campers on warm summer days, the view from the top of Buck Mountain still inspires all who hike to the summit and counselors still provide leadership and teach valuable lessons. Most importantly, the friendships made each summer at Camp Chingachgook **still** last a lifetime.

Next time you are at Camp, check out our historical archives in Rotary Lodge to learn more of Camp's long history!



CAMP PHILOSOPHIES & TRADITIONS

COMMUNITY

YMCA Camp Chingachgook is a safe, inclusive community where people of all ages are inspired to be better stewards of the world through the thoughtful facilitation of high-quality, engaging experiences. As a YMCA, we believe in programs that build a healthy spirit, mind, and body **for all**.

As a result of our work, members of our community will develop personal confidence, social responsibility, an appreciation for the natural world, and an understanding that we are all better together.

INCLUSION STATEMENT: The Y is made up of people of all ages and from every walk of life working side by side to strengthen communities. Together we work to ensure that staff, members, volunteers, or participants of any gender identification/expression, income, faith, race, sexual orientation, or cultural background has the opportunity to live life to the fullest in a safe and supportive environment. We share the values of caring, honesty, respect, and responsibility; everything we do stems from these.

GENUINE WILDERNESS EXPERIENCE

Providing a genuine wilderness experience for young people has been a major part of our mission since the early days of Camp. That tradition continues today with camping and wilderness excursions incorporated into all of our programs. Overnight campers in a one-week session spend an afternoon with their cabin group venturing from Camp by foot or by boat. Cabin groups summit mountains, paddle to a Lake George island, and explore the beauty in our own backyard! Overnight campers in a two-week session depart from Camp the second Monday of their session for a three-day, two-night wilderness excursion. They travel by boat, bus, or foot to reach their destination. Our day campers take short hikes and explore our private hiking trails and wetlands area. Our adventure trip campers check in at Camp on opening day and then depart the next day to spend their time in the backcountry for the duration of their trip. We celebrate the joy of exploration and the discovery of awe-inspiring moments.

ELECTRONIC FREE EXPERIENCE

A camper's time at Chingachgook is intentionally electronics free, giving them time to disconnect from technology and reconnect with friends and nature. One of the greatest aspects of the Chingachgook experience is living among the natural environment and as part of the community here in our "Camp Bubble". ***Our strict no electronics policy is meant to provide campers with the best possible Camp experience.*** Except when leading select programs and activities, staff also refrain from using electronics.

Please help us by not allowing your camper to bring a phone; it is a distraction from the true meaning of Camp. We understand it is a difficult transition for parents and campers to not have instant access to each other, but we believe the unplugged opportunities at Camp far outweigh the need for a phone or electronics. In case of emergency or specific need, we use the phones in our office to connect campers with their parents/guardians.

CORE VALUES

All of our camp experiences are intentionally based on our core values of caring, honesty, respect and responsibility.

Caring: We recognize the good in everyone and are invested in their well-being.

Honesty: We acknowledge our strengths & weaknesses and communicate with a transparency that enables others to believe in us.

Respect: We show honor and consideration for ourselves and others through our words and actions.

Responsibility: We are accountable for our individual actions and are aware of the impact we have on each other and the environment.



TRADITIONS

Opening Campfire - We start our overnight camp sessions by gathering as a full camp at Leap-In-Point. The unit staff introduce themselves, we teach some of our traditional Camp songs, and the theme for the session is introduced.

Canoe Races - Each session we host a special morning activity, which takes the place of morning skill classes for the day, featuring a girls vs. boys units canoe race. It's JGU vs. JBU in the first race and SGU vs. SBU in the second race. Each cabin will dress up in themes and units will create cheers to motivate and encourage their canoers. At the end of the morning, one junior and one senior team will take home the trophy but all of camp will celebrate a great competition with a lakeside BBQ for lunch!

Cheers - Singing and cheering at Camp are staples of Chingachgook's history. Each unit has their own unique cheers and the staff teach campers these cheers during the first few days at Camp. We also have all camp songs such as our Alma Mater and the camp classic, "I Love Camp Chingachgook!"

Color Wars - This is a once-a-summer session theme that divides the camp into three color teams, Red, Blue & Green. Teams compete for the title of champion! Evening programs, special events, and competitions at meals help campers gain points for their teams.

Closing Campfire - We end each overnight camp session at a special campfire location called Chapel, a non-denominational, wooded area with campfire pits and a podium wrapped around a tree. Campers and staff from each unit share takeaways and highlights of their sessions, the staff of each unit will sing a song and we will close our session together with a candlelight ceremony. This is a special time to remember all the great things each camper accomplished during their session.

Patches - Overnight campers are given an alumni patch each year at the end of their session. This patch has the number of years they've attended Camp on it. Many campers display them on backpacks, trunks or crazy creek chairs. These patches symbolize a camper's place in the Chingachgook family and the Alumni Association.

Order of Chingachgook - The Order of Chingachgook is a service organization established in 1938 that gives back to camp and recognizes staff who are consistently committed to their role in the camp community. Once a summer we have a "Tap Out" that recognizes staff and inducts them into the Order of Chingachgook. The inductees spend the next day doing a service project for Camp. Each session, the order also recognizes a group of campers who exemplify the four core values during closing campfire.

It Is As You Make It Award - This award is for campers who exemplify the qualities found in the mission of Camp Chingachgook and the YMCA's four core values of caring, honesty, respect and responsibility. Campers may work to receive this award by completing a number of achievements around Camp while consistently showing leadership in all aspects of camp life. Campers can try for their Award in one summer or over multiple summers.

10 Year Paddles - To honor and celebrate the members of our Camp family who have been involved for a decade or more, a canoe paddle with the person's name is hung in Lewi Lodge.

Alumni Association - Any camper or staff who joins us for at least one summer is part of our Alumni Association. The Alumni Association aims to support YMCA Camp Chingachgook's growth and progress, preserve its history, maintain its traditional values, and provide opportunities for alumni and friends to stay in touch with each other and Camp Chingachgook.



CAMP LINGO

Reveille: The bugle call that sounds at 7:15 am to wake us up for the day.

JGU: Junior Girls Unit

SGU: Senior Girls Unit

JBU: Junior Boys Unit

SBU: Senior Boys Unit

UD: Unit Director, a leadership staff member who oversees a specific unit.

Baxter: Baxter Field, the baseball field near the JBU.

HQ: Headquarters, located near Center Green and the hub for skill class attendance and special events.

Tall Pines: The soccer field located behind the JGU and near high ropes and archery.

#living10for2: Spending 10 months of the year planning, preparing and training staff to get ready for the best possible 2 months of summer camp...and we look forward to those months all year long!

Center Green: Central meeting area at Camp where flag raising/lowering happens each day. Also Camp's main basketball court.

Vespers: Quiet & reflective activity in cabins before bed.

Chapel: Two meanings! One is a location behind Tall Pines Field that is used as our closing campfire location. The other is a non-denominational evening program during 2 week sessions that is reflective and prepares campers for hikes.

Taps: The bugle sound that ends each day and the song we sing at the end of each evening program.

Free Swim: Free time for campers each day. Campers can choose to swim, boat, play basketball & games or just spend time relaxing near the waterfront. Also the time when the Camp store is open!

220/440/Beach Badge: Swim check level, campers either complete 220 yards, 440 yards or get their beach badge if they are not comfortable swimming those distances.

CAMP STAFF: YEAR-ROUND LEADERSHIP TEAM



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Katie Johnson
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SUMMER STAFF

OUR STAFF are a big reason your child will want to come back year after year! We select only the most caring and talented young adults to be role models for our campers. Nearly 80% of our staff were once campers or CITs at Chingachgook! Chingachgook also works with industry leading international staffing agencies to hire staff from around the world to educate children about other cultures, build friendships around the globe, and work toward world peace and understanding. In past years, Chingachgook has welcomed staff from Brazil, Mexico, France, Germany, Ireland, Ivory Coast, Japan, Italy, Taiwan, Canada, Korea, Norway, Sweden, China, Netherlands, Ghana, Spain, England, Scotland, Wales, Venezuela, Argentina, Denmark, Turkey, Ukraine, Egypt, Bulgaria, Costa Rica, Colombia, Puerto Rico, Albania, Poland, Dominican Republic, and Australia.

HIRING PROCESS

We start the recruitment process each Fall and receive hundreds of applications. Each applicant completes application questions and goes through either a phone or video interview. Before hiring is confirmed, our year-round directors complete background checks and at least 3 reference checks. We are proud to hire the best of the best, and each year it is a very competitive application process. We seek a diverse workforce and are actively recruiting candidates in accordance with diversity, inclusion, and equal opportunity policies. We do not shy away from hard work, long days, or tough conversations. We encourage all of our staff to take pride in their surroundings and commit ourselves to keeping camp clean, safe, and leaving it better than we found it.

ORGANIZATIONAL CHART

Each summer we welcome over 150 dynamic camping professionals with experience in youth development, camping, and program facilitation to join our staff team. Staff are divided into units and trained to work with specific age groups and teach skill classes. Each unit and skill class is lead by a seasonal supervisor who will evaluate and continually check-in with staff members. Our year-round staff oversee seasonal staff and are experienced leaders in the summer camp and outdoor recreation industry.

As part of the Capital District YMCA, we work with 9 other Y branches and an administrative office based in Albany. The Y is a cause-driven, non-profit organization that is for youth development, healthy living, and social responsibility.

STAFF TRAINING

From teaching campers valuable life skills in skill classes, to promoting healthy nutrition during meals, to lifeguarding during Free Swim, to leading wilderness excursions, and to fostering healthy relationships, staff are the heartbeat of Camp Chingachgook and approach their diverse roles with confidence and enthusiasm. **This section will help familiarize you with the trainings and certifications that allow our staff to deliver a top quality camp experience to your child.**

Prior to the start of each summer, all staff members complete a comprehensive training process to best prepare them to serve as a positive role model for your camper. Staff spend 2-4 weeks completing their training to familiarize them with camp policies, fine-tune hard and soft skills, and foster a positive group dynamic. An in-house staff orientation, led by experienced YMCA camping professionals, focuses on skills and responsibilities that our staff practice on a daily basis. This orientation is supplemented by outside trainings from nationally recognized organizations that provide industry specific certifications. By the time your camper(s) arrive, our staff are fully prepared to provide them with a safe, fun, and unforgettable experience.

SOFT SKILLS

Camp staff take great pride in caring for campers throughout the summer. During training to help staff learn to identify the physical and emotional needs of our campers while practicing issue resolution for situations such as homesickness, bullying, and interpersonal conflict. We have also host industry leaders to present on Social Justice & Inclusion practices to best support campers of all backgrounds.

HARD SKILLS

Staff training is a great opportunity for staff to hone their hard skills in specific activity areas. Both external professionals and Camp Chingachgook staff lead sessions during this time to help staff prepare for leading campers in activities throughout the summer. Staff review all skill class curriculum, perfect their teaching styles, practice risk management drills, and participate in a four-day wilderness training.

OUTSIDE CERTIFICATIONS

Staff are provided with numerous professional development opportunities. Most staff members receive certifications that include but are not limited to; LEAD Camp Mental Health Certification, SOLO Wilderness First Aid, American Red Cross Lifeguarding, Red Cross CPR, Red Cross Water Safety Instructor, U.S. Powerboat Safe Powerboat Handling, & High Five Adventure Basics for Challenge Course Instructor.



GENERAL CAMP INFORMATION

CHINGACHGOOK CAMPER CODE OF CONDUCT

Chingachgook campers & CITs are expected to adhere to the following code of conduct:

YMCA Camp Chingachgook campers & CITs promise to abide by Camp rules, and do their best to make this a positive and safe experience for themselves and fellow campers. **Failure to live up to this promise may result in their dismissal from Camp without a refund.** Adventure trippers who are dismissed will be picked up by their parent/guardian at the time and location determined by the Adventure Director.

Grounds for Dismissal:

- Possession or use of drugs, alcohol or weapons
- Persistently disruptive behavior, including bullying or language choices, that display disrespect and/or hatred towards fellow campers or staff
- Posing a danger to themselves, other campers or staff

GRAFFITI AND PROPERTY DAMAGE

Campers are responsible for their actions and are financially liable for any property damage, including camping gear and program supplies, resulting from misuse or neglect, defacing or graffiti.

PRICING & FEES

All payments are due by **May 15** for June and July programs and by **June 15** for August programs. We are unable to guarantee a place for your child if full payment is not received on time. **In fairness to everyone, we make substitutions from the waiting list if payment is not received by the applicable due date.**

There is a \$25 processing charge to change, cancel, or drop a session after the initial registration. Members of a New York YMCA will receive a \$40 per week discount. You must supply your membership information.

There is an additional charge for campers taking **waterskiing** classes: **\$100** for two-week sessions (2, 3, 4) and **\$70** for one-week sessions (1, 5, 6). This charge is billed after the first day of Camp & helps offset the high cost of gasoline, boat maintenance and equipment.

Adventure Trip charges include food, lodging, transportation from Chingachgook for activities, permits, group gear, and admission charges (where applicable).

Camp offers a **“hold-over” weekend** in between sessions for an additional fee. **There is a \$225 charge for each camper and \$125 for each CIT staying over the weekend between separate sessions of Camp.** This fee covers the cost of laundry service, meals, camp activities on Saturday, and staff supervision.

NECESSARY FORMS

All necessary forms for summer camp & adventure trips can be found in your [online parent account](#). **Please make sure all forms are completed and uploaded to your account prior to your campers arrival!**

REFUND POLICY

- The \$300 deposit is non-refundable after April 1.
- **If a camper’s time at camp ends early due to homesickness, dismissal, or voluntary withdrawal, there are no refunds.**
- One-half of any advanced payment (excluding deposit) is refundable if written cancellation is received at least one month prior to the start of the session.
- If an adventure trip must be canceled due to low enrollment, all payments will be returned. We try to make those decisions one month prior to the trip.
- Store accounts are pre-charged by credit card, with the unspent amount (when above \$15) refunded to the card in September.

CAMP STORE

The Camp Store is open to families on Closing Day and at scheduled times throughout each session. Campers can purchase souvenir clothing items, patches, postcards, as well as stamps, pens, flashlights, batteries, toiletries, and other sundries. Please open a **store account through your online parent account** prior to Opening Day. The items in our store range in price from \$1 to \$55.

SPENDING MONEY

There is no need for spending money at Camp and we strongly request that summer campers not bring any money. We do recommend that campers on Adventure Trips bring \$20/week for spending money away from camp, which they are responsible for.

CAMPER PACKING LIST

THESE ITEMS ARE ESSENTIAL:

- Small backpack (to carry items around Camp)
- Swimsuit
- Underwear
- Socks
- 2 pairs of sneakers
- Beach shoes (crocs, sandals, or flip flops)
- T-shirts
- Sweatshirt
- Long pants
- Shorts
- Raincoat and rain pants or poncho
- 1-2 "nicer" or "camp fancy" outfits for special evening programs
- Sleeping bag or bedding for twin size beds
- Pillow with cover
- Sun screen & Bug Spray
- 2 towels (at least one bath and one beach towel)
- Toothbrush & toothpaste
- Soap, shampoo, conditioner (+way to carry them to the bathhouse)
- Eyeglasses and/or extra contacts
- Brush
- Feminine hygiene products
- Laundry bag
- Flashlight
- 2 Refillable water bottles
- Paper, pen, envelopes, and stamps to write home

OVERNIGHT EXCURSIONS (SESSIONS 2-4):

- Frame backpack
- Sleeping bag with stuff sack
- Two water bottles
- Wool or fleece sweater/jacket
- Non-cotton pants (fleece, nylon)
- Wool socks
- Insulate pad or lightweight foam sleeping pad
- Hiking shoes/boots/sturdy sneakers
- Mess kit or plastic bowl, cup, spoon, mug
- Water shoes: sandals that strap on or aqua socks

OTHER USEFUL ITEMS:

- Ball and glove, tennis racket, other sports gear
- Camera
- Sunglasses
- Compass and whistle for hikes
- Fishing pole, tackle
- Extra sweatshirt
- Mask, snorkel, fins, goggles
- Books or journals
- Extra blanket for twin bed
- Small fan
- Crazy creek or camp chair/lawn chair
- Stuffed animals or photos for around bunk
- Packing list to aid your camper in packing the last day of camp

SPECIAL INSTRUCTIONS:

- While clothing can be packed in suitcases or duffel bags, many campers prefer to use a foot locker that fits at the end of their bed, or a set of lightweight, Rubbermaid style drawers to place next to their bed.
- Do not send your child's best clothing. Campers are mostly outdoors and clothes will get dirty!
- **Write a list of belongings and have your child check the list before leaving camp (or print the list on the left).**
- **Please Label ALL Items With Your Child's Name!** This is very important for reclaiming lost and found items.

WHAT TO LEAVE AT HOME:

Camp Chingachgook is not responsible for campers' possessions. Please do not bring unnecessary or valuable items. **A camper's time at Chingachgook is intentionally electronic free, giving them time to disconnect from technology and reconnect with friends and nature.**

CAMPERS ARE NOT PERMITTED TO BRING:

- **Cell phones:** *Our strict no cell phone policy is meant to provide campers with the best possible Camp experience. Please help us by not allowing your camper to bring a phone; it is a distraction from the true meaning of Camp. We understand it is a difficult transition for parents and campers to not have instant access to each other, but we believe the unplugged opportunities at camp far outweigh the need for a phone.*
- Smart watches
- iPads
- Tablets & E-Readers
- Portable music speakers
- Any electronic devices
- Aerosol cans
- Blow dryers
- Curling irons
- Valuable jewelry
- Food
- Alcohol/illegal substances
- Drugs, vapes or tobacco
- Pets
- Lighters/matches
- Knives, spikes, chains, or any other potential weapons are prohibited

LAUNDRY

Camp does not provide regular laundry service for campers, so please be sure to pack enough clothing for your camper's entire session or trip. We do provide laundry service for special circumstances (bed-wetting, etc.) We also provide laundry services for campers staying through consecutive sessions at Camp (hold-over weekends) and for the 46er trip.

LOST AND FOUND

Our staff will do their best to help campers keep track of all their belongings, but Camp is not responsible for any lost or damaged items. Lost & Found items are displayed on a clothes line in the middle of Camp during the session and throughout Closing Day. **Please look through these items before leaving Camp and double check your camper's luggage to ensure your camper has all their belongings prior to departure.**

Personal items left at Camp are donated to a charitable organization 2 weeks after the end of the session.



CAMPER EXPERIENCE: OPENING DAY

Parents must provide transportation to and from camp. Lunch is not served to campers on Opening Day. **Please do not arrive early as our staff is busy preparing for your arrival.**

ARRIVAL/CHECK IN

DROP-OFF TIMES:

- 12:00 PM - 12:45 PM: Camper last names T-Z
- 12:45 PM - 1:30 PM: Camper last names N-S
- 1:30 PM - 2:15 PM: Camper last names G-M
- 2:15 PM - 3:00 PM: Camper last names A-F

Please note that due to our drive through check-in system, no boat drops offs are allowed on opening days. If you would like to pick up by boat at the end of a session, please call ahead to make arrangements

In order to avoid traffic build-up on Pilot Knob Rd., campers are assigned a strict time window based on last name. Cars that arrive earlier than their assigned drop-off window will be asked to leave and return at the correct time. We will weave cars through the parking lot in order to prevent traffic back up on the road. The check-in process will start on the road alongside the dining hall and HQ.

The administrative staff will greet you and:

- Verify charges are paid, review medical forms, collect **all** camper medications, & hand out skill class schedules

MOVING INTO CABINS: After checking in at the drive-through stations, you will **drive to your child's unit**, where the Unit Director will greet you on the road and point you in the direction of your camper's cabins.

Our counselors will be ready to greet you at the cabin and welcome your camper to their home away from home. We are ready to help you unload but we request that parents leave camp shortly after meeting the counselor or trip leader as our campers have a busy schedule for the remainder of the day and long goodbyes can be difficult. You are giving your camper(s) the experience of a lifetime, and while it is hard to say goodbye, you can trust our staff will take great care of your children.

CAMP TOUR

Once the whole cabin is checked in and families have said goodbye, campers will get ready for swim checks and head out on a tour of Camp. During this time, counselors will help campers become oriented and point out skill class areas so campers know where their classes will be held.

SWIM CHECK

Under supervision of the waterfront staff, all campers attempt a continuous 440-yard swim check on Opening Day. Campers must demonstrate two lengths each of front crawl and back crawl and may swim at whatever pace is comfortable. Campers will receive either their 440, 220, or beach badge.

There are places for every swim level to enjoy the water and the swim check is simply meant to help gauge a camper's comfort in the water and keep everyone safe at the waterfront. Campers may retake their swim check as many times as they'd like during the session. Campers who get a beach badge may be required to take a YMCA swim class during their session.

CAMPER WELLNESS CHECK

While on their camp tour, each cabin will stop at the **health lodge** so campers can meet the health lodge staff, see where they should go if they take medications and learn what to do at Camp if they aren't feeling well. Our health lodge staff will check in with each camper and conduct a lice check. See pg. 22 for more info on lice checks.

UNIT POLICY & FLAG LOWERING

After each cabin completes swim checks, campers will gather at their unit assembly areas where the Unit Director will go over some Camp policies, introduce all the staff for their unit, and teach some cheers and songs. After this assembly, all of Camp will gather for the first time and we will welcome campers, lower the flag for the day, and head to dinner!

OPENING CAMPFIRE

We kick off our session with an all-camp evening program. Staff will welcome campers, sing songs, teach cheers, and introduce the session theme, all while enjoying a beautiful sunset over Lake George! At the end of the campfire, we will sing Taps and campers will head back to their bunks for a Vespers activity and bedtime.



ALL CARS WILL FOLLOW RED ROUTE TO ENTER/EXIT CAMP

Purple route is to Sr. Girls, Yellow Route is to Jr. Girls,

Blue Route is to Jr. Boys, & Green Route is to Sr. Boys

Camp staff will be along the road to point you in the right direction!

CAMPER EXPERIENCE: DAILY LIFE

Welcome to your home away from home! Camp is made up of four units of cabins, based on age and gender, each with their own unique culture, cheers and traditions. Campers aged 7-13 call the Junior Units home while campers aged 12-15 live in the Senior Units. **Campers aged 12-13 serve an important role of the camper community of both units and will be assigned to either Juniors or Seniors based on the overall age of campers enrolled in their session.** Each cabin or yurt houses 8-12 campers (whose ages are within 12 months of each other), two counselors, and a counselor in training (CIT). Campers are allowed to make up to two cabin mate requests (through your parent account) that we do our best to honor, though many campers come to camp without knowing anyone and quickly make new friends!

DAILY SCHEDULE

7:15 Reveille

We start the morning with the bugle call of reveille, campers head out for morning exercises and start the day as a unit.

8:00 Breakfast

8:30 Cabin Cleanup

9:00 Cabin Activity

Each day, cabins will do a morning activity together, anything from dance parties to hikes to sports or swimming, it's up to them! Our staff promote compassion, respect, and self-sufficiency within the cabin. Campers help with daily chores and compete for the cleanest cabin award. Cabins are a camper's home base while at Chingachgook and is where lasting friendships are formed and countless memories and inside jokes are made.

9:45 Skill Class 1

10:45 Skill Class 2

Skill classes form the backbone of each camper's experience at Chingachgook. We have 4 skill class periods that campers participate in every day based on preferences they fill out ahead of camp and availability.

Noon Lunch

12:30 Rest Hour in Cabins

1:45 Skill Class 3

2:45 Skill Class 4

3:45 Snack

4:45 Free Swim

5:45 Dinner

6:30 Unit Time & Mail Delivery

7:00 Evening Program

9:00 Junior Vespers

9:30 Junior Taps/Lights Out
Senior Vespers

10:00 Senior Taps/Lights Out

Chingachgook's food service department provides three well-balanced, nutritious, hearty meals and an afternoon snack each day. With the busy days at Camp, it is important for campers to sit back, relax and refuel. In addition to our main course, we offer a salad bar option at lunch and dinner daily plus scrambled eggs and a cereal bar at breakfast each day. Our Dining Hall is a nut-free facility and we can accommodate a variety of dietary needs and restrictions. Every meal includes a vegetarian option and we offer gluten-free substitutes for those who need it. Contact our Food Service Director, Katie, at KJohnson@cdymca.org with dietary questions.

The Dining Hall provides a great setting for campers to catch up with their counselors and cabin mates. Each cabin has its own set table for the session and we dine together family style. Sharing laughs and stories over delicious food is a great way for our camp community to connect. Plus, Camp meals are like no other....at any moment you may hear cheers erupt, music playing or a dance party beginning.

Free swim gives campers the chance to try new things each day and have some freedom in choosing how they want to spend their time. Swimming and boating are open, or campers can just relax, play sports, read, or visit the camp store. All campers are either at the waterfront areas or center green during this time and supervised by on-duty staff and lifeguards.

Our staff go above and beyond to make each overnight camp session memorable and unique! Special events and session themes are a huge part of Chingachgook's history. Chingachgook's programs blend creativity and tradition to provide a unique experience for every camper. Each of our six overnight camp sessions has a theme, brought to life by our staff and campers, that ties all of our events together. Campers will follow the theme's characters as they hilariously solve problems, go on epic quests and bring Camp together. Our themes range from popular movies like Hercules and Toy Story to time travel, mystery sessions, and to our favorite made up camp family, the McCluskey's Family Reunion.

Vespers are a closing conversation or activity done as a cabin at the end of each day. Vespers encourage self-reflection and connection with each other. We end our days with the sound of the taps bugle playing across Camp as campers settle into their bunks for the night.



CAMPER EXPERIENCE: SKILL CLASSES

We strive to give campers a balance of structured and unstructured activity time that allows them to learn, explore and have fun! Prior to arriving at Camp, campers may preference their top 10 skill classes and are assigned 4 of those classes to participate in during their session (some classes are 2 periods long, so campers may have anywhere from 2-4 assigned classes). The earlier a camper submits the form, the better chance they have of getting their top choice class! Campers can choose from over 30 skill classes and each offers a skill progression so that any ability level can participate. Beyond teaching the basics of specific sports, arts or boating, skill classes are a time for our staff to foster social, emotional and personal growth in each camper by focusing activities on character development. For example, soccer not only teaches the ins and out of the game, but more importantly encourages teamwork, responsibility and perseverance.

We offer opportunities each day for campers to mix up their schedule by choosing recreations activities or having some down time during free swim. We believe this balance of structured and unstructured time gives campers the best opportunity to make decisions about their day, meet a variety of new people, and develop skills in the activities they are most interested in.

SKILL CLASS AREAS:

Notes:

- * = double period class
- (S) = Senior campers, ages 12+, only
- (J) = junior campers only

Swim Requirements:

Paddling requires at least a 220 swim level.

Sailing, snorkeling, and waterskiing require a 440 swim level.

ART

Arts & Crafts
Painting
Makerspace
The Newsroom
Woodworking (J)

WATERFRONT

Swimming
Water World (J)
Paddling
Sailing*
Waterskiing (S)
Snorkeling (S)

ATHLETICS

Basketball
Soccer
Baseball
Racket Sports

NATURE

Farm & Animal Care
Fishing
Forever Wild
Outdoor Cooking

REC SPORTS

Archery
Junior Sports Zone (J)
Mountain Biking* (S)
Varsity Sports Club (S)

PERFORMING ARTS

Dance
Garage Band
Improv & Theatre

CLIMBING

High Ropes* (S)
Rock Climbing* (S)

SAMPLE CABIN ACTIVITY OPTIONS:

- Rock climbing (Jrs. only)
- Ultimate frisbee
- Bracelet making
- Archery
- Gaga ball
- Culture exchange
- Card games
- Nature hikes
- Dodgeball
- Volleyball
- Book club
- Petting zoo
- Kickball
- Basketball

WHAT TO DO DURING FREE SWIM:

- All swim areas and rope swing open.
- Canoes available, must have 220.
- Sunfish sailboats available, must have 440.
- Gaga-ball, basketball and tetherball.
- Visit the camp store
- Down time, relax & play lakeside in the open field, shaded pavilion or with the best views from the top of the sailing pavilion or tree house. Campers can chat with friends and staff, play music or cards or just enjoy the afternoon sun.

More detailed info on skill classes can be found on our [website](#).

Detailed class descriptions are also found in your Parent Account under "Forms & Documents."



CAMPER EXPERIENCE: WILDERNESS EXCURSIONS

Providing a genuine wilderness experience for young people has been a part of our mission since the early days of Camp. One-week session campers spend an afternoon with their cabin group venturing from Camp by foot or by boat. Two-week session campers depart from Camp the second Monday of their session for a three-day, two-night wilderness excursion, also known as 3-day-hikes.



Three-Day-Hikes: Each of our three day excursions are rated for difficulty, divided by age and gender. With the help of their counselors, campers list their hike preferences when they arrive at Camp and are sorted by the Unit Directors into Hike Groups. Each group is staffed with counselors trained in Wilderness First Aid and training specific to leading groups in the wilderness. Wilderness trips offer campers the opportunity to learn to navigate the wilderness, travel and camp with minimal environmental impact, prepare meals in the wilderness, work together to create a successful community, and appreciate their natural surroundings.

Campers devote the Sunday before their trip to preparing, learn how to pack a backpack, set up a tent, and prepare for weather conditions and activities (learning about staying hydrated, preparing for rain, packing proper clothing, etc.). Campers may be able to borrow some gear they are missing from the hike and trip center. Note: Please adhere to the Camper Packing List on pg. 11, especially the “What to Leave at Home” list, to help ensure your camper’s safety and comfort while on overnight trips.

SAMPLE WILDERNESS EXCURSIONS:

Options are rated by difficulty, “A” being the most difficult and “C” being the least. Options are also divided by age, Junior and Senior campers go on different trips. Novice campers learn camping skills on or near Camp property. More advanced hikers may tackle the Adirondack High Peaks, Pharaoh Wilderness, and beyond. Campers who meet the swimming qualifications may go on a sailing, kayaking, or canoeing trip to one of the islands on Lake George.

JUNIOR EXCURSIONS:

- Treadway Mountain; A
- Pharaoh Mountain; A
- Cascade Mountain; A
- Hurricane Mountain; A
- Black Beauty; A+
- Little Buck Bushwhack; A+
- Sleeping Beauty; A-
- Sailing; B+
- Big Boulder; B+
- Inman Pond; B+
- War Canoe; B
- Owl’s Nest; B
- Black Bear Hike/Climb; B
- Rooster’s Roost; B
- Eagle’s Landing; B
- Hawkeye’s Lookout; B
- Spirit’s Rest; C+
- Iroquois Meadow; C
- Red Fox Hollow; C
- Panther’s Lean-to; C

SENIOR EXCURSIONS:

- Treadway Mountain; A
- Pharaoh Mountain; A-
- Giant Mountain; A
- ADK Wilderness Adv.; A
- Dix Mountain; A-
- Hurricane Mountain; B
- Shore Trail/Canoe Swap; A
- Tongue Mountain; A
- War Canoe End to End; A
Reserved for oldest campers
- East Shore; A-
- Aluminum Canoe; B
- Kayaking; B
- Trail Maintenance; B+,
Reserved for oldest campers
- Sailing; B-
- Black Beauty; B-

More detailed info on each of these hikes is provided to campers during unit night so they can preference accordingly.

KEEPING IN TOUCH WITH YOUR CAMPER

MAIL & CARE PACKAGES

Overnight campers, SCUBA Camp, Adv. Camp, LIT and 46er programs can receive mail regularly. **All other adventure trip campers will not have access to receive mail or packages while on their trip.**

Please address your camper's mail:

Camper's name, cabin number (if known)
c/o Camp Chingachgook
1872 Pilot Knob Road,
Kattskill Bay, NY 12844

Campers are encouraged to write home and may purchase envelopes, postcards and stamps at the Camp Store. Camp may also provide 1 postcard for the camper to send home in the first few days of camp.

Please keep mailed packages small and do not send food.

The NYS Health Department does not allow food in camper cabins because of campers with food allergies and because food attracts raccoons and other animals. All food will be confiscated and disposed of. We suggest sending games, cards, writing and reading material and lots of letters.

VISITORS TO CAMP

For the well-being of all campers, we do not allow visitors during the summer sessions.

Please take some time to [check out this video tour](#) of camp to get ready!

EMAIL

Campers do not have access to send emails but may receive emails sent to them through your online parent account. Through this service, you may send one-way emails to your camper which are printed at noon and delivered during mail call each day.

Camp uses email to contact campers' families for routine notices before, during, and after each camp session. These emails include reminders for check in, pick up, updates on camp happenings and our summer camp parent evaluation. These emails go to the email account associated with your parent account, so please make sure it is the best email to contact you at.

PHONE CALLS

Campers are not permitted to have cell phones while at Camp. Our no cell phone policy is meant to provide campers with the best possible Camp experience. We understand it is a difficult transition for parents and campers to not have instant access to each other, but we believe the unplugged opportunities at camp far outweigh the need for a phone. Relatives' phone calls almost always result in camper homesickness. Parents may call the office to talk with the camper's unit director for an update or with any concerns at any time. In some instances, we can have campers use the office phone if there is a need to talk with parents/guardians for a concern or emergency. Arrangements can be made by calling the main office. **We will reach out from the office or the health lodge if there are any issues or concerns - but for the most part, remember no news is good news!**

FACEBOOK & INSTAGRAM

Camp Chingachgook maintains a [Facebook](#) & [Instagram](#) page throughout the year. During the summer these are used primarily to update our friends and parents about daily events at Camp. During the summer, we strive to post daily updates.

PHOTOS

Camp employs a photographer who takes a variety of photos of campers and activities each session. These photos are posted each day and available through your online parent account. We will strive to upload 100 photos per day. While we want to give parents the instant joy of seeing their camper having the time of their lives at Camp, we also want to encourage campers to lead the conversations on pick up days or in letters home about what their camp experience was like...from their point of view and not our photographer's. Adventure Trip photos are made available through your parent account after the trip returns. Day camp photos may be included in the yearbook but are not posted daily.

It is important for us to respect each camper's experience and not bombard them with a camera constantly around, but we will do our best to get a variety of photos each day. **We keep Camp an electronics free zone for many reasons and know the value and importance of offering an unplugged experience for today's youth.** We teach our staff to be present in each moment and engaged with the campers. We want to make sure to protect this type of community and environment by not constantly having cameras and electronics all over camp.

Please [click here](#) to read more on our photo philosophy.

CAMPER YEARBOOK

We produce a camper yearbook each summer which includes a list of all campers' names as well as group and candid photographs. One print copy of the yearbook will be mailed to each camper family around February.



CAMPER EXPERIENCE: CLOSING DAY

CLOSING DAY PROCEDURES

Campers must be picked up **Friday afternoon, the closing day** of the session. Campers will attend camp activities on the last day of Camp and have time during morning activity and rest hour to pack up. Campers return to their units for a closing assembly around 3PM.

Pick up begins at the times below and we operate a drive-through pick-up model for campers. The camp store is open during all of the pick-up windows. To shop in the store, please park in main lot, after picking up your campers, and walk into Lewi Lodge to visit the store.

Please do not arrive early as our staff is busy preparing for departures. Pick up times:

- 3:45 PM - 4:15 PM: Camper last names T-Z
- 4:00 PM - 4:30 PM: Camper last names N-S
- 4:15 PM - 4:45 PM: Camper last names G-M
- 4:30 PM - 5:00 PM: Camper last names A-F

Camper medications must be picked up at the Health Lodge tent before driving out to the cabins.

If unable to meet this schedule, parents of resident campers may call the Camp office to make other arrangements, **please do so at least 48 hours in advance.**

Note: For the safety of every camper, campers are not released to anyone other than the parent/guardian or those listed on the Pick-Up Authorization form. Please contact the office prior to closing day if you need to make adjustments to your pick up authorization form. EVERY camper MUST be signed out with the counselor prior to departure. **Please be prepared to show ID to your camper's counselors.**

Don't forget that parents/guardians AND any other adults who may pick up campers, need to be listed on Pick Up Authorization Form.



HOLD-OVER WEEKENDS

Hold-over weekends are for parents who want their children to stay at camp during a weekend between two consecutive camp sessions. There is an additional cost of \$225 per camper and \$125 per CIT to stay for holdover.

Campers stay with counselors who help provide laundry service, a phone call home and other camp activities. Space for hold-over weekends is limited, with a typical enrollment capacity of twenty campers.

ADVENTURE TRIPS



TRIP LEADERS

Using outdoor facilitation techniques, adventure staff members inspire wonder and personal development in campers through exciting opportunities in the backcountry. Adventure trip leaders are trained in leadership, safety, emergency care, counseling, and specific adventure travel skills. Complying with NYS Dept. of Health regulations and American Camp Association accreditation standards, trip leaders have certifications in Wilderness First Aid, CPR, and lifeguarding.

PHILOSOPHY

Our Adventure Trip Program embraces the unique potential inherent in outdoor activities. We promote responsible wilderness leadership through challenge and active reflection, to foster interpersonal development and personal growth.

SMALL GROUPS

Small-group sizes emphasize the importance of community, communication, respect and responsibility. All gender groups, limited to 6 or 8 participants, encourage personal investment, teambuilding, and leader-to-participant ratios of one-to-four or one-to-five. This allows Trip Leaders to focus on individual facilitation.

SAFETY

Safety is a top priority at Chingachgook and the itineraries for each trip are reviewed annually so we can plan the best experience for all. Our Trip Leaders have extensive outdoor experience and trip-specific training that emphasizes physical and emotional safety as well as group development and personal growth. Trip Leaders serve as role-models and maintain an atmosphere of safety and respect on all of our trips.

CHALLENGE

Challenge serves as an outstanding catalyst for growth and is a cornerstone to our Adventure Trip Program. Our program is designed into three general levels of difficulty to help guide participants' trip selection. Our staff understands the value of experiential learning and the importance of group development, so each trip is somewhat flexible to accommodate variations unique to each group's ability level. Longer trips present unique mental and social challenges in addition to the physical aspects of the trip.

EQUIPMENT

Chingachgook provides all group gear and equipment such as tents, stoves, pots, cooking utensils, etc. The Adventure Director sends a packing list prior to each trip. Please use this as a checklist for packing personal gear, keeping in mind that items listed are important and space is limited for additional items. Many items can be borrowed or purchased second hand. Please call the Adventure Director if you have questions.

Please note the mix of cotton and synthetic clothing items. Cotton is great for warm weather, but for cold or wet weather clothing should be made of fleece, wool, or synthetic materials, which keeps one warm even when wet. Please label everything with your child's name! Camp Chingachgook is not responsible for lost or damaged items.

Do not bring valuables, breakables, electronic devices of any sort (including music players, game players, and cell phones), junk food, knives (including pocket knives) or jewelry. Weapons, alcohol, drugs, or tobacco products are strictly prohibited and are grounds for dismissal. Expect gear to be tightly packed into vans and boats.

SPECIFIC TRIP INFORMATION

Prior to their trip, each adventure tripper receives an information packet including a detailed itinerary, a complete packing list, a training plan, additional forms to be completed and returned, and a checklist for parents. Much of our communication is done through email to more easily include photos and videos to help in each tripper's preparation.

Please note that itineraries are subject to change due to weather, travel distances, lodging and camping constrictions, and other variables.



ADVENTURE TRIPS

CODE OF CONDUCT

Camp Chingachgook Adventure Trips require mature behavior and positive attitudes as the success of group travel depends on the interrelationships and contributions of all involved. Campers need to abide by camp policies regarding appropriate behavior, to trip leaders' guidelines, and need to be prepared for hard work and shared group responsibilities. Trip campers represent Chingachgook wherever they go and we ask them to uphold our reputation and values. If, in the opinion of camp staff, any trip camper demonstrates improper or dangerous attitudes or behavior, that camper may be dismissed from the trip.

There is no refund given under these circumstances and the trip camper's parents or guardians are required to pick up their child wherever the Adventure Director coordinates a pick-up point.

WHAT'S INCLUDED IN THE COST?

The trip cost covers all necessary food, lodging, transportation during the trip, admission cost, guide services, laundry for extended trips, and group equipment. Trip leaders carry basic repair tools and kits and may make minor repairs to trippers' personal gear, according to their ability and comfort level. If major or technical repairs or replacements are needed, Chingachgook will consult the parents. We recommend bringing \$20 per week in personal spending money, which trippers are responsible for carrying and keeping track of.



FOOD

We provide three healthy, wholesome meals and several snacks each day to provide a well-balanced, nutritious diet. Expect a variety of meals, the introduction of new foods used in outdoor travel, and simple menus that can be prepared over a camping stove. Chingachgook provides food that is proportioned for the number of participants on each trip. For longer trips, we may restock fresh food en route. ***We ask each tripper to complete a menu questionnaire by June 1 so we can accommodate dietary restrictions and allergies.*** We may ask trippers with extensive dietary restrictions to provide their own menu supplements; please contact the Adventure Director at least one month prior to the trip.

Adventure trippers are not allowed to bring personal food items for many reasons, which includes limiting environmental impact, encouraging proper nutritional intake, camper allergies, eliminating unnecessary bulk & trash and discouraging animal interest in personal gear.

CONTACT WITH HOME

Positive group dynamics result when leaders are able to focus trippers on sharing their trip experience as a small group in a unique, away-from-it-all environment. Campers on adventure trips are not allowed to make or receive phone calls. In emergency situations, trip leaders may arrange communication between trippers and parents. Please do not ask trippers to call home and do not send along a cell phone. If you want to check in on your child's trip, please call our Adventure Director directly at 518-656-9462 ext. 6644



MAIL

We do encourage trippers to write letters and we coordinate the mailing of those letters where possible. ***Only trippers on LIT and the "46er" trips are able to receive mail during their trip.*** Please address mail as follows:

Child's Name, Trip Name c/o YMCA Camp Chingachgook
1872 Pilot Knob Rd.,
Kattskill Bay, NY 12844



PHOTOS

Photos are a great way to capture the memories from an adventure trip. Campers may bring their own cameras but are responsible for their care (***camera phones not allowed***). Trip leaders also take photos during the trip which are uploaded to your parent account after the trip returns to camp.

CAMPER CARE

At Chingachgook, your camper is the focus of everything we do. Our staff are trained and prepared to tackle any concern that may come their way. While cabin counselors act as the primary caregivers for our campers, they have a large support network of Unit Directors, program specialists, year-round directors and health lodge staff to help them with any camper concerns.

Our counselors' main focus is to monitor and support the progress & growth of each individual camper while helping them feel welcomed and included in their cabin community. Unit Directors meet weekly with each counselor to discuss the progress of our campers. These discussions cover a camper's social well-being, personal health, and overall attitude/experience. While campers and counselors are not allowed to make phone calls home, Unit Directors are ready to partner with our campers' families to ensure each camper has a great experience. If you have any questions or concerns about your camper while they are at camp, you can call the main office at 518-656-9462 and ask to speak with your camper's Unit Director.



MEDICAL RESOURCES



A health care provider is on duty at all times during our summer season and manages medication & first aid calls, assesses and treats minor injuries and illnesses, and liaises with external medical professionals when required. We employ a health director, a team of health care providers, a health lodge assistant, and the camp doctor is on call and visits as needed. Medication & first aid calls are held four times a day at the Health Lodge, including after meals and after the evening program and campers may visit the health lodge (when accompanied by staff) at any time of day if they are not feeling well. The health lodge staff maintain an electronic record of each camper's health forms, medication administration, treatment log, notes on visits to the Health Lodge and record of calls home regarding a camper's health. Our team is available before, during and after your camper's session at Chingachgook to discuss any precautions, questions or concerns you may have about your camper's health care needs and can be reached at 518-656-9462.



Our Health Lodge is fully stocked with first aid supplies and over-the-counter medications. Automated External Defibrillators (AED) are located at the Health Lodge and at the Waterfront. We also have backboards and rescue equipment at both the health lodge and the waterfront. Staff are trained annually in our emergency procedures and the use of this equipment.



Pilot Knob Fire Department is .5 miles away, EMS response is less than 15 minutes from the North Queensbury Rescue Squad and the Washington County Sheriff and NYS police have offices within 25 minutes of Camp. The Glens Falls hospital is our closest ER (approximately 25 minutes away) and the local urgent care center in Glens Falls is within 25 minutes. Pg. 23 describes our policies around camper health emergencies that would require a visit to urgent care or the ER.



CAMPER HEALTH CARE

MEDICAL INFORMATION

In order for your child to join us at camp, we require the documents listed below to be current and accurate. **Please review this section carefully, as some of the items have been updated.**

REQUIRED DOCUMENTATION

By law, campers may not be at Camp without the following forms. These forms can be accessed through your **parent account**. We encourage you to upload these to your account **at least** one week prior to your camper's arrival.

- Current physical examination (conducted within 12 months of arrival)
- Immunization history that is in compliance with local school regulations and shows which vaccines a child does or does not have
- Health history & insurance information (online form)
- Medication administration & over-the-counter Medication Form ***Required for all campers, must be signed by both parent and health care provider***

HEALTH INSURANCE

Camp Chingachgook carries liability insurance only and does not provide health insurance. If a camper requires medical care by a doctor or hospital, prescription drugs, dental/orthodontic services and/or eye glass repairs, the parent is financially responsible. Health insurance or healthcare enrollment information must be provided for each camper by the Opening Day of their camp session.



*In keeping with the YMCA mission of promoting a **healthy spirit, mind and body** for all, Camp Chingachgook is proud to employ New York State RNs, NPs, LPNs & PAs to keep our Camp community safe and healthy all summer long! While your children are at their home away from home, you can trust that we are providing campers with an environment that is both **physically and emotionally safe.***



MENTAL HEALTH

We strive to make sure every child has the best time while attending Camp Chingachgook. We realize that many campers may need some extra support in order to have a successful experience while at Camp. We educate our staff about children's mental health conditions, teach them how to observe with an open mind, and make individual connections with each camper in order to help campers participate to the level that is right for them. When necessary, our unit directors, health lodge staff, and/or camp director will facilitate communication to parents to gain further insight or suggestions based on what may work at home or in school for that child.

Camp is in a unique position to provide opportunities for all campers to improve cognitive and behavioral development. We ask that parents give as much insight as possible on their camper's health forms and mental health forms. This will help us set each camper up for success. In the event that a camper becomes a risk to themselves or others during their time at Chingachgook, we will contact the camper's parents/guardians for immediate pick up.



CAMPER HEALTH CARE

MEDICATION

ALL prescription AND over-the-counter medications must be listed on the camper's Medication Administration Form, which must be signed by both a prescribing healthcare provider and a parent/guardian. All prescription medicines that campers need to take while at camp, on hikes, or on an adventure trip, **need to be in the original container labeled by the pharmacy.**

According to NYS Health Department's guidelines, **campers self-administer their medication under the supervision of health lodge staff.** The law forbids campers from having any prescription or over-the-counter medications on their person, in their belongings, or in their cabin. All medications are stored at the Health Lodge. **The exception being that parents may choose to have their camper self-carry epi-pens or rescue inhalers** and a back up of each will be stored in the health lodge.

All medications need to be picked up at the health lodge or from trip leaders on Closing Day by the parent or guardian. We dispose of all medications remaining 48 hours after the end of your child's session.

Advil, Tylenol, throat lozenges, antacid tablets, loratadine, calamine lotion, Benadryl, and a variety of first-aid creams and ointments are maintained at the Health Lodge. **We ask that you do not bring over-the-counter medications, nutritional supplements or vitamins to camp unless they are absolutely necessary.** If you bring them, we will need a signed Medication Administration Form as described above and your camper will have to go to each med call during their session.

Provided we receive parent **and** health care provider signatures, the nurse may administer over-the-counter medications to treat minor illness according to the instructions on the label. If the illness is not resolved or symptoms intensify, parents are notified and, if necessary, the camper is taken to Glens Falls Hospital emergency room or a local health care facility.

TICKS: Our maintenance team makes it a top priority to keep grass cut low and cut back any brush or shrubs that are along trails. On the guidance of the Department of Health, **we recommend that campers use bug spray with 30% deet to help detract ticks.** Our health lodge staff & counselors are trained on how to identify ticks and lead campers in tick checks. When campers return from hikes, the health lodge staff lead campers in a tick check. Counselors and the health lodge have tick remover tools and if a tick is found it is immediately removed. For our overnight campers, if a tick bite occurs, we would consult our Camp physician and with parent's permission treat the camper with the recommended dose of the antibiotic doxycycline. For day campers, we notify parents immediately and encourage them to see their family doctor for further treatment.

PERSONAL CARE

While we are lucky to have such a qualified team of health lodge staff, our goal is to keep campers happy, healthy and out of the health lodge. Counselors are trained to **monitor the personal hygiene** of campers; cabins have scheduled shower time each day and staff are constantly reminding campers to **wash their hands**, especially before meals. **Staying hydrated** is a big focus for our staff and campers. To help your camper stay hydrated, please be sure to send them to camp with a water bottle. Staff are mindful of heat and hydration when leading activities and are trained to facilitate group water breaks. **Sun safety** is another area of personal care that staff are trained to check in with campers on. To avoid sunburns, campers are regularly reminded to apply sunscreen and encouraged to pack their own sunscreen. If needed, sunscreen lotion is available at the waterfront and the health lodge.

HEAD LICE & BED BUGS

We encourage parents to check their child for head lice and/or bed bugs prior to arriving at Camp. Our trained staff check for head lice, the presence of nits, and bed bugs, immediately following camper drop-off. **If evidence of head lice or bed bugs is found, you will need to arrange for immediate pick-up of your child for treatment.** The camper may return to Camp once treatment is complete and there is no evidence of lice or bed bugs.

Bedbugs are becoming a more prevalent matter at summer camps (along with hotels, college campuses and personal homes across the U.S.), and we have learned that the best method to treat bedbugs is using heat treatments. We work with our maintenance staff and a professional heat treatment company who inspects the cabins before and after each summer. They are available to come treat cabins throughout the summer if we find evidence of bedbugs.

Bed bug bites can be difficult to diagnose since they look like many other insect bites and rashes and may take up to 14 days to appear, so determining where they came from can be difficult. **Fortunately, bed bug bites are not a health risk and bed bugs do not carry any diseases.** Itching can usually be managed with over-the-counter creams and antihistamines; however, severe itching may require medical treatment by our health care team, your family physician, or pediatrician.



CAMPER HEALTH CARE

MENINGOCOCCAL DISEASE

Meningococcal disease is a potentially fatal bacterial infection commonly referred to as meningitis. In July 2003, the New York State Public Health Law was amended to include the requirement that overnight children's camps distribute information about meningococcal disease and vaccination to parents and guardians of all campers who attend camp for seven or more nights.

Meningitis is rare. However, when it strikes, its flu-like symptoms make diagnosis difficult. If not treated early, meningitis can lead to swelling of the fluid surrounding the brain and spinal column as well as severe and permanent disabilities, such as hearing loss, brain damage, seizures, limb amputation and even death. Cases of meningitis among teens and young adults 15 to 24 years old have more than doubled since 1991.

The disease strikes about 3,000 Americans each year and claims about 300 lives. A vaccine is available that protects against four types of the bacteria that cause meningitis in the United States — types A,C,T, and W-135. These types account for nearly two thirds of meningitis cases among this group.

To learn more about meningitis and the vaccine, please contact your child's physician. You can also find information at the NY State Department of Health website and the website of the Center for Disease Control and Prevention.

This law requires Chingachgook to maintain a record of the following for each camper:

- Confirmation that you have read and received this information AND information on the availability and cost of meningococcal meningitis vaccine (Menomune™);

AND EITHER

- A record of meningococcal meningitis immunization within the past 10 years;
- OR
- An acknowledgment of meningococcal meningitis disease risks and refusal of meningococcal meningitis immunization signed by the camper's parent or guardian.



HEALTH CARE EMERGENCIES

In case of an emergency occurring at camp, we notify parents or guardians as soon as possible. Parents, guardians, or a designated emergency contact needs to be accessible by phone at all times while your child attends a Camp program. Emergency medical care is provided by the Glens Falls Hospital. Non-emergency care is provided by the Hudson Headwaters Health Center on Broad Street in Glens Falls or other local urgent medical care centers, on a fee-for-service basis. In case of an emergency occurring on an adventure or wilderness trip, medical care is provided by the nearest hospital. **The parent is financially responsible for any medical costs incurred by the camper while enrolled in Chingachgook programs. Costs are charged to the family insurance plan or billed to the parent.**

CAMP EMERGENCY ACTION PLANS

Our Camp safety plan is reviewed annually by our year round directors, the NYS Dept. of Health and local law enforcement. While our goal is always for prevention and risk management, all staff are trained in emergency response in the unlikely event that there is a fire, lost camper, waterfront/drowning emergency, violent intruder or other natural disasters. We also teach campers how to respond to emergencies by having a fire drill on the first day of each Camp session.

During any all-camp emergency, the camp is alerted by the sounding of air horns and announcements on the PA system. Staff will continue to supervise the campers in their activity or cabin group and walk them to the emergency assembly area, Center Green. Once at Center Green, all campers will assemble with their cabins and unit directors will be responsible for taking attendance to make sure all campers are accounted for. At least one staff member will stay with each cabin group and other staff will be utilized as necessary for emergency response.

SEE YOU SOON!

Thank you so much for choosing to spend part of your summer with us. We are so excited to welcome your camper(s) into the Chingachgook family and look forward to an exciting and safe summer for all! We hope this guide will help you prepare for the best possible experience and guide you through the pre-camp process of paperwork and packing. Once you arrive at Chingachgook, we'll take it from there!

Being nervous about Camp is a normal feeling for both parents and campers, and we take the responsibility of caring for your children very seriously. We are honored that you chose to let us play a part in your child's growth and want to make sure they are set up for a successful summer program here at Camp.

Please do not hesitate to reach out if we can answer any further questions or concerns about your upcoming Chingachgook experience. You can always call our Camp office at 518-656-9462.

