

BIG COVE YMCA CAMP

Leadership Program Parent/Participant Information Package SUMMER 2010



“The Experience that Lasts a Lifetime”

Registration Office

Big Cove YMCA Camp
1565 South Park St.
Halifax, N.S. B3J 2L2
Tel : (902) 425-9622 ext. 235
Fax: (902) 422-2469

Summer Address

Big Cove YMCA Camp
RR#1
Thorburn, N.S. B0K 1W0
Tel: (902) 922-2224
Fax: (902) 922-3563

Web Address: www.bigcove.org
Email Address: info@bigcove.org

Greetings from Big Cove,

Welcome to your YMCA Big Cove Leadership adventure for the summer of 2010! We are committed to providing you with the best possible Leadership Development program. I hope that this booklet will provide you with the information you need to prepare yourself for a great camp experience!

As a Leadership participant, you will carry more responsibility than regular campers. The younger children at camp will look up to you, and you will be expected to set a good example for them both in behaviour and attitude. You will also be expected to take responsibility for your own experience at camp. The skills you will build at camp will have many applications in life, both in a camp setting and elsewhere. If you carry a positive attitude towards learning, you will find the Leadership programs very rewarding, not to mention fun!

We would like to invite you to attend our open house on **Thursday July 1st, 2010 from 10:00 pm to 4:00 pm**. If you have never attended Big Cove it is a great opportunity to familiarize yourself with the facility and to meet some of the staff. It is also a great opportunity for parents to see and experience first hand what you will be doing for the summer.

Our Leadership 1 and 2 staff are excited about the upcoming summer and are busy planning a month full of fun and learning! We are looking forward to having you at camp.

If you have any questions or if you are unsure about anything related to camp, please feel free to call us at the South Park YMCA at (902) 425-9622, or at camp after April 24th, 2010 at (902) 922-2224.

See you this summer,

Sincerely,

Mike LeDuc

Director, Big Cove YMCA Camp

Big Cove YMCA Camp Leadership Development

Welcome to the Leadership Development program at Big Cove YMCA Camp. Our new program for the summer of 2010 has been designed to build on the skills you already have, teach you new skills, increase your confidence in your leadership abilities, and give you the opportunity to use these leadership skills while working with children and your peers. Many of the current Big Cove staff members are graduates of the Leadership program. Many other graduates have taken their skills and applied them to countless areas of their lives. We hope that you are excited about the program ahead of you. Below is a brief description of the Journey Leadership 1 and Odyssey Leadership 2 programs, which will give you an idea of what to expect and what to get out of the program.

Journey Leadership 1:

The Leadership 1 program is designed to develop your hard skills. By this we mean your outtripping abilities, and also many other areas of camp that you may want to lead and teach in the future. Among the outtripping skills that you will work on are; sterning a canoe, trip planning/mapping, risk management, and low impact camping. These skills will be practiced and developed on a 10 day ocean-canoeing trip and a 5-day backpacking excursion.

You will have an opportunity to develop your skills in canoeing, kayaking, ropes course management, and swimming to name a few... Not only will you learn many new skills but you will begin to learn how to teach these and other skills to your peers and to campers.

You will function in co-ed groups, living in separate tipis, and may have an opportunity to shadow some of the Big Cove staff members. You will also begin to take more responsibility for the running of your program. From day one, you will be given hands on experience in all aspects of the Big Cove experience.

Odyssey Leadership 2:

The Leadership 2 program will build upon some of the skills learned in Leadership 1 and also develop what we call "soft skills."

In L2 you are on-site for half of the month and will have many opportunities to teach campers and work with cabin groups. You will have opportunities to shadow cabin(s) for prolonged periods, learning about the role of counsellors. You may also have a chance to shadow one of the program area heads at camp

to get an idea of what their job entails. To continue your outtrip experience, we also plan a twelve-day canoe trip around part of the coast of PEI. You will paddle to the Pictou ferry where you will take it across to PEI and paddle up to Charlottetown. This will be a perfect way to experience a new trip and put your L1 tripping skills to the test!!!

A sample of the sessions you will participate in are; communication, problem solving, counseling roles, camper expectations, programming and many others.

PREPARING FOR CAMP

Forms: Please ensure that all forms that were sent in with your child's registration package were accurate and complete. This information is necessary in order to provide your camper with the best care possible. We would also ask that you inform us of any changes, health or otherwise, that arise before the session begins.

Transportation: If your child is taking the bus to or from camp it is highlighted on your receipt. It is also indicated at the back of this booklet indicating pick up and drop off times; and locations. Directions to Big Cove YMCA Camp are also located at the back of this booklet.

Medications: If medications are coming along on a trip with a participant, there are some points to keep in mind:

- All medications should be clearly labeled with the user's name
- If the participant is taking a prescription drug which s/he cannot do without, two sets of the prescription should be obtained from the prescribing physician and brought to camp (one for use, the other to be stored in a separate place in case the first is lost or damaged)

Packing Personal Articles:

LABEL EVERYTHING - Flashlight, toothbrush, shoes - EVERYTHING you bring to camp. Even older campers lose things! Use real name tapes, masking tape, pens, markers, anything you think will work.

LAUNDRY - A washing machine is available for Leadership participants to use. Please pack a small amount of laundry soap.

RAIN GEAR IS VERY IMPORTANT! The camp program continues despite rainy weather, so you need rainwear in which you can be active. This is especially important on outtrips. Rain suits are best - both pants and jacket! They must be waterproof. Plastic ponchos tend to rip easily and are not suggested.

TIPI LIVING - Leadership 1 and 2 participants will live in canvas-covered tipis. While the groups will be co-ed, tipi living is in same-sex accommodations. Tipis are equipped with wooden floorboards, mattresses and a fire pit. It is a skill to live comfortably in a tipi. Organization of belongings is essential, along with your backpack, a **large duffle bag or hockey bag** container will serve you well. Space is limited so pack only the essentials.

PREPARE FOR A MONTH - A month of active camp living will cause a lot of wear and tear on your belongings and on your physical self. Try to be prepared for everything. A second pair of glasses, an ankle brace for that bad ankle, or an extra pair of sneakers, may be the difference between an inconvenience and an emergency.

OUTTRIPPING EQUIPMENT

All Leadership participants will be heading out on extended outtrips, and will need to have proper outtripping equipment. A full size hiking pack (NOT SCHOOL BAG) and quality hiking boots will be required for Leadership 1 while proper warm clothing and raingear are a must for all Leadership participants. Whenever possible, cotton and denim clothing should be replaced with fabrics that retain their insulating properties when wet (i.e., fleece or wool). Be prepared!

DAY OFF – Please read carefully.

Leadership participants will have one scheduled day off during their month. On this day, campers will head into New Glasgow with their leaders for a day (fully supervised) in civilization! Alternatively, campers have the opportunity to be picked up by their parents for the day. **This day off is a part of the leadership program and we encourage that all leadership participants remain with their group during this day.** Having some members of the group go home may cause a negative impact on the group dynamics if not everyone is able to go home. The option to have parents or guardians pick up their child is available under special circumstances, and must be arranged during the same day as the organized day off.

Leadership Clothing and Equipment Checklist

Personal Items:

- _____ Sleeping Bag
- _____ Blanket **(If sleeping bag is not warm)**
- _____ Pillow
- _____ Toiletries **(toothpaste/brush etc.)**
- _____ Sunscreen & Sunglasses
- _____ Prescription Medicines **(if any)**
- _____ 3 Towels
- _____ Laundry Bag

Clothing:

- _____ Underwear **(long johns may come in handy!)**
- _____ Socks
- _____ 4 Pair Shorts
- _____ 4 Pair Jeans/Sweatpants **(jeans don't work on O.T.)**
- _____ 8-10 T-Shirts
- _____ 3-4 Warm Sweaters/Sweatshirts **(fleece/wool is best)**
- _____ Windbreaker Jacket
- _____ Waterproof Rainwear **(VITAL—FULL SUIT)**
- _____ 1-2 Pair running shoes
- _____ HIKING BOOTS ARE A MUST FOR LEADERSHIP 1
- _____ 1 Pair Sandals **(with backstraps)**
- _____ Pajamas
- _____ 2 Bathing Suits **(no string bikinis)**
- _____ Ball Cap or Sun Hat

Outtripping Equipment:

- _____ Hiking Pack **(large, 60 L bag, L1 only)**
- _____ Water Bottle or Canteen **(empty 1 L bottle will do)**
- _____ Flashlight **(+ extra batteries)**
- _____ 10 Garbage Bags **(for waterproofing)**
- _____ Sleeping Pad

Optional:

- _____ Paddle
- _____ Folding Jackknife with blade **LESS than 10cm** (for O.T.s)
- _____ Writing Paper, Envelopes and Pens
- _____ Camera **(disposable is preferable)**
- _____ Books or Comics
- _____ Insect Repellent **(no aerosol please)**
- _____ Day Pack
- _____ Pocket Money **(25-30 dollars for day off)**
- _____ Bug Net **(Tipis have many mosquitoes)**

Undesirables:

Please do not bring: radios, walkmans, food, tobacco, electronic games, or any other valuables.

PACK THIS LIST!! - Packing to return home is easier if you know what you came with...

Arrival and Departure Information Big Cove YMCA Camp

Session Dates:

Leadership 1: A: July 3 - July 30, 2010
 B: August 1 - August 28, 2010

Leadership 2: A: July 3 - July 30, 2010
 B: August 1 - August 28, 2010

Transportation Information:

Bus: If you are taking the Bus, it leaves from the South Park YMCA at **12:00pm (noon)**, so please have your camper at the Y by **11:45 am**. If your child is coming home by bus, it arrives back at the South Park YMCA around noon so please be there to meet your child by **12:30pm** at the latest.

Car: Please drop your child off at camp at **2:00pm** on the first day of camp and pick up time on departure day is **10:00 am**.

Directions: The camp is a left hand turn at exit 27A off of the Trans Canada 104, 15 minutes east of New Glasgow. Take your second right turn (about 100m from turn-off) at the Big Cove sign. Follow signs to camp. Please be careful at the railway crossing and drive with caution on the camp road as there will be other vehicles.

Ferry/Airplane: For campers traveling from out of province by Ferry or Plane, please call the Camp Registrar at (902) 425-9622 ext. 235 or the Camp Director, Mike LeDuc, at (902) 922-2224 to arrange pick up and drop off times.

Your Indicated Transportation Requirements Are:

Bus Pick-Up	Bus Drop-Off
South Park YMCA Halifax _____	South Park YMCA Halifax _____
Caribou Ferry _____	Caribou Ferry _____
Halifax Airport _____	Halifax Airport _____
_____	None

WHILE YOU ARE AT CAMP...

Telephones:

There is a pay phone available for staff and Leadership participants to make calls from camp. The phone will be available one - two nights per week and must be used after the younger campers are in bed. A Call-Me Card or Calling Card may be useful if collect calls are not convenient. Incoming calls cannot be accepted. Times for phone use will be set up once you arrive at camp.

Mail:

You may write and receive letters while at camp. Please come prepared with stationary and stamps. Please remember that a tipi is a very open living space and ANY FOOD will attract animals. Keep this in mind when receiving "care packages." We ask that when sending care packages to Leadership participants that you do not send **candy, junk food or any products containing nuts. Big Cove Camp is a NUT FREE facility.** We have a number of campers with nut allergies. Junk food attracts animals and creates a lot of litter around camp. We provide three well balanced meals a day, with a dessert after lunch and supper, as well as a nutritious evening snack. Help us cut back on litter while promote healthy eating!

The camp mailing address is: **Big Cove YMCA Camp**
RR#1 Thorburn, NS, B0K 1W0

E-Mail:

Due to our large session capacity, limited resources, and dial up internet connection, we will no longer be able to check for camper emails. We encourage parents to send letters and care packages to their campers during their sessions at camp. Snail mail is often a more personable and more reliable form of communication with your campers.

BEHAVIOUR POLICY

Why Have a Behaviour Policy?

At Big Cove YMCA Camp we are committed to providing a safe, supportive environment for all of our participants. It is our belief that this type of environment enables us to provide a quality experience, and in order to maintain this experience, behaviour standards must be followed.

This policy handbook is designed as a basis for maintaining behaviour and to provide a standard for what is acceptable at Big Cove YMCA Camp. As each situation that arises is different, it is up to the discretion of the Camp Director and the Big Cove YMCA Camp staff in dealing with each specific incidences.

We ask that this standard be reviewed with all campers by the parents prior to the beginning of the session.

What is Acceptable Behaviour?

In order to ensure safety at camp, the following list of unacceptable behaviour by campers has been developed. It is designed as a standard which will enable the staff and Camp Director to appropriately deal with any situations that may arise. It is not meant to describe each and every possible behaviour but to give a composite standard which can be used.

BEHAVIOUR STANDARDS

Listed below are disruptive behaviours that will not be tolerated at camp.

- Any act that may create an unsafe or dangerous situation for campers or staff.
- Stealing, vandalism or other damaging or illegal acts.
- Physical violence towards campers or staff.
- Physical or verbal abuse towards campers or staff.
- The use of a weapon.
- Leaving the camp property without supervision or permission.
- Racial intolerance.
- Sexual activity or misconduct.
- Possession or use of tobacco or alcohol products.
- Possession or use of any illegal drugs.
- Any behaviour that does not comply with the mission and values of the YMCA or negatively affects another campers experience at camp.

What will be Done?

If any camper exhibits any of these behaviours while at camp they will be spoken to by the Camp Director and/or Section Managers. Depending on the nature of the situation and possible concern over recurrence the following actions could take place:

*Parent/Guardian will be contacted and asked to arrange for the removal of their camper from site.

*The Camp Director or Section Director will contact the parent/guardian and inform them of the situation. At this point they will seek help in avoiding future problems and the parent will be made aware that if the behaviour persists the camper will be removed.

If a camper is removed from site for behaviour reasons, they will not be permitted to return to camp the following summer(s) unless the Camp Director is satisfied that the unacceptable behaviour has been dealt with and will not recur.

***No refunds will be issued for children sent home because of behaviour problems.**

Injury and Illness

At Big Cove, we have a health care manager to meet the health needs and requirements of our campers. All other staff members are required to have certifications in CPR, Lifesaving and First Aid.

Campers with minor injuries or illnesses will be treated in our health centre. If the ailment persists or becomes more serious, parents will be called and updated on their son/daughter's condition.

If a trip to the hospital is necessary, your son/daughter will be accompanied by a staff member to the Aberdeen Hospital in New Glasgow and the Camp Director or the Health Care Manager will contact you regarding the visit.

If any prescription drugs are necessary as a result of consultation with a doctor, the YMCA will initially cover the cost and you will be billed after camp for the appropriate amount.

In the event of a serious injury or illness, you will be contacted as soon as possible.

Please keep us updated on any changing medical conditions or medicines that may arise prior to camp. Ensure that we have all the necessary information related to your child's health and well being.

If a camper is forced to leave camp for medical reasons, a refund will be issued for the **missed time** at camp once an appropriate doctor's note is provided.

AFTER CAMP

Evaluations:

A short time after the end of the summer season, we will send you a parent/camper evaluation form. We greatly appreciate feedback from parents and campers, so please take a few minutes to complete the form with your son/daughter. Any feedback, positive or negative, will help us in delivering an even better program. If you would like more information about your child's experience, feel free to ask their counsellors on pick-up day, or call the Camp Director at any time.

Lost and Found:

Lost and Found articles are sorted and laundered at the end of each session. Labeled articles will be returned to the appropriate campers. All unlabelled articles will be kept for two weeks following the end of the session, after which point they will be sent to a local charity. If you are missing a specific article please call the camp at (902) 922-2224 as soon as possi-