



# Summer 2018

## Parent and Camper Manual

### Camp Dates

<b>Open House</b>	June 10
<b>Session 1</b>	June 28 - July 22
<b>Weekend Camp</b>	July 6 - July 8 July 27 - July 29
<b>Visiting Day</b>	July 22
<b>Session 2</b>	July 23 - August 16
<b>Both Sessions</b>	June 28 - August 16
<b>Mini Camp</b>	June 28 - July 4 July 23 - July 29
<b>Starter Camp</b>	June 28 - July 11 July 23 - August 5
<b>5.5 Week Session</b>	June 28 - August 5

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# PARENT AND CAMPER MANUAL

This manual contains important information regarding policies and logistics for the 2018 camp season. Please read carefully and, where necessary, be sure to return the appropriate forms and information.

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# Y COUNTRY CAMP - A CAMP FOR YOUR CHILD

As we enter our 56<sup>th</sup> camp season this June, it's reassuring to know that our philosophy and goals have stood the test of time.

The Harry Bronfman Y Country Camp provides campers with meaningful and challenging opportunities for fun and personal development in an outdoor, natural environment. We strive to facilitate each camper's personal and social growth through the development of positive attitudes, interests, skills, and leadership abilities - in safe and healthy surroundings.

We place special emphasis on providing opportunities to explore and understand our values and to constructively identify ourselves with Jewish life and community.

The bunk group is at the center of the camp experience. Campers and counsellors cooperate in planning and participating in a wide variety of activities at camp. Programming is done on a weekly basis, and there are also opportunities for campers to pursue their individual interests during "choice" periods.

Each camper experiences all camp activities over the course of the summer. Our camp activities include specialty program areas such as: Swimming, Sailing, Hiking and Tripping, Outdoor Cooking, Rock Climbing, Canoeing, Kayaking, Waterskiing, Arts and Crafts, Music, Dance, Drama, and the full range of Landsports (Hockey, Basketball, Volleyball, Soccer, Football), Tennis, Pickleball, Archery and Wrestling. Campers and staff also plan and carry out their own creative programs, special events, and theme activities.

Our philosophy and goals are put into practice by our staff... most of whom have spent a significant part of their lives at YCC. They are college and high school graduates who have had training and experience in camping. We select them because of their interest in and ability to work with children, and because of their history and performance at our camp. All staff report to camp for five to ten days of pre-camp training before the campers arrive.

The Y Country Camp is firmly committed to the concept of supervision and the development of our staff. Each counsellor is given regular guidance to help them function in the most effective way. Issues such as: "How varied is your bunk's program?", "Are your campers getting along?", "Is each camper having a meaningful and worthwhile experience?" etc., are central supervisory concerns. The Camp Directors and Program Directors are fully trained and highly experienced. They provide essential leadership to the supervisors and counsellors.

Aldous Huxley once observed that, "Experience is not what happens to you, experience is what you do with what happens to you."

At YCC we want to help each camper get the most from their camping experience and to use it fully in their personal growth development. We strive to make each child's summer at YCC a memorable experience; at the same time laying the foundation for them to build friendships that will last a lifetime.

## CHECKLIST

- Payments.** If you have not already made arrangements for payment, please contact the Camp Office (cheque, cash or credit card, etc.) at **514-737-6551 ext. 267**.
- If you have not yet submitted your camper's Friendship Request Form, please go to your Bunk1 account and complete "Form to update camper information."** Click [here](#) to access your Bunk1 account.
- If your child has any Special Dietary Needs, please call Marni at 514-737-6551, ext. 262 or email her ([mschlomowitz@ymywha.com](mailto:mschlomowitz@ymywha.com)) by June 1, 2018.**
- American and Foreign campers must submit a refundable \$225.00 medical deposit** in case any medical expenses are incurred during their stay at YCC.
- A recent photo** must be included for each camper.
- Please ensure that your child's medication is properly labelled.** All medication will be collected by our Camp Nurse at the bus departure on **June 28 and July 23, 2018**.

## IMPORTANT DATES 2018

### OPEN HOUSE

Sunday, June 10  
10:00 am - 2:00 pm

### LUGGAGE DROP OFF

Wednesday, June 27  
7:30 am - 9:00 am

### FIRST DAY OF CAMP

Thursday, June 28  
Departure: 8:00 am - 8:30 am

### VISITING DAY

Sunday, July 22  
1:00 pm - 4:00 pm

### LABOUR DAY FAMILY WEEKEND

Friday, August 31 - Sunday, September 2

# FREQUENTLY ASKED QUESTIONS

## WHERE IS YCC?

The Y Country Camp is located near the towns of Huberdeau and Brébeuf, 15 kilometres west of St. Jovite. The camp is situated on 650 acres of fields and forest, and includes three pollution-free, private lakes. Our property is surrounded by mountains and, on the eastern end, the Rouge River. The elevation (1200 feet above sea level) and land contour (moderately wooded) make it possible to build villages and units close together, yet naturally separated.

## HOW ARE THE CAMPERS PLACED?

Camp is divided into sections by age group and school grade. Junior Side campers (7-11 year olds) sleep in wooden cabins while Senior Side campers (12-16 year olds) are accommodated in platform tents. (The tents have wooden floors and facilities for clothing storage.) Cabins hold 8-10 children; tents hold 4-8 campers. We welcome your bunking requests and will accommodate them as best possible.

## HOW WILL MY CHILD GET TO AND FROM CAMP?

Y Country Camp offers a chartered bus service from **Place Vertu** (3131 boul de la Côte-Vertu, H4R 1Y8 near SEARS, corner Cavendish and Côte-Vertu). Most families choose this option - campers have the opportunity to meet one another and make friends even before camp begins! You are free to transport your child directly to camp if you wish. Instructions (for both) follow below.

- **BY BUS:** On June 28 (Opening Day of First Session only) bring your camper(s) to the **Place Vertu parking lot (3131 boul de la Côte-Vertu, H4R 1Y8 near SEARS, corner Cavendish and Côte-Vertu)** at 8:00 am. On July 23 (Opening Day of Second Session), bring your camper(s) to the **Place Vertu parking lot (3131 boul de la Côte-Vertu, H4R 1Y8 near SEARS, corner Cavendish and Côte-Vertu)** at 8:00 am.
- On **Closing Day of First Session, July 22**, buses are scheduled to arrive at the **Place Vertu parking lot (3131 boul de la Côte-Vertu, H4R 1Y8 near SEARS, corner Cavendish and Côte-Vertu)** between 11:30 am and noon. You may call the Camp Office (819) 687-3271 after 9:00 am on July 22 to obtain a more accurate arrival time.
- On **Closing Day of Second Session, August 16**, buses are scheduled to arrive in Montreal at the **Place Vertu parking lot (3131 boul de la Côte-Vertu, H4R 1Y8 near SEARS, corner Cavendish and Côte-Vertu)** between 11:30 am and noon. You may call the Camp Office (819) 687-3271 after 9:00 am on August 16 to obtain a more accurate arrival time.
- **BY CAR:** If you are bringing your camper directly to camp, please be sure to **notify the Camp Office at least one week in advance** of the departure day and present yourself to the Camp Office upon arrival at camp. Plan to arrive between 9:00 am and 10:00 am. It is a 90 minute trip. If you are **picking up** your camper on Closing Day, it is imperative to also **notify the Camp Office at least two days in advance**. Failure to do so will result in the camper and his/her luggage being sent to Montréal.

## HOW WILL MY CAMPER'S LUGGAGE GET TO CAMP?

Luggage space is limited. Accordingly, please limit your packing to no more than two large duffel bags per camper. Luggage tags will be mailed to you in June.

Your camper's luggage will precede him/her to camp, unless you are from out of town, in which case your child's luggage can be brought to the bus drop off on the day of departure. This will make departure easier for you and your child, as well as facilitate luggage sorting and distribution/collection at camp. Space limitations prevent us from being able to transport any luggage on the bus (in either direction) with your camper. Again, we will NOT transport any luggage brought to the bus drop off on Opening Day unless you are from out of town or a special arrangement has been made with the Camp Director.

Each camper may bring a small bag with him/her on the bus - small enough to fit on his/her lap. The knapsack or day pack recommended on the clothing list is perfect for this. Use the third luggage tag for this bag.

### Luggage drop-off is as follows:

#### Session 1:

Bring your child's luggage to **Place Vertu parking lot (3131 boul de la Côte-Vertu, H4R 1Y8 near SEARS, corner Cavendish and Côte-Vertu)** on Wednesday, June 27 between 7:30 am and 9:00 am (our staff will be there to carry the bags).

#### Session 2:

Bring your child's luggage to **Place Vertu parking lot (3131 boul de la Côte-Vertu, H4R 1Y8 near SEARS, corner Cavendish and Côte-Vertu)** on Monday, July 23 at 8:00 am (our staff will be there to carry the bags).

**On closing days, luggage will be returned with your camper.**

## WHAT CLOTHING SHOULD WE PACK?

Please see the attached **Clothing List** for all items needed for camp. Each camper may pack their belongings in up to 2 large duffel bags. One plastic storage unit is permitted per camper. **It must be empty for transportation.** YCC apparel is optional. Visit [ycountrycamp.com](http://ycountrycamp.com) to purchase our branded items.

## WHAT SHABBAT CLOTHING SHOULD WE PACK?

All campers and staff are expected to wear white tops on Friday evening so that we can celebrate this part of our camp program in a special way. The YCC white T-shirt or a white sweatshirt (for cool days) is recommended.

## HOW OFTEN IS LAUNDRY DONE?

Each camper's clothing will be sent to the on-site laundry once per week. Because laundry will be washed **by unit** and will be returned folded to the bunk, it is **ESSENTIAL** that every item be clearly marked with the camper's name. The enclosed Clothing List assumes that each child will have enough clothing for two weeks. Linens, blankets, and pillow(s) are not provided by Camp. While we do our best to provide satisfactory laundry service, we are washing for a large family. If a garment **might** fade or shrink, it will. **Label EVERYTHING.** Send only inexpensive, pre-worn, pre-washed, iron-free, well-marked garments.

## HOW OFTEN SHOULD I WRITE?

We urge you to write frequently. Do not emphasize the activities your camper is missing at home. Receiving mail, even to “veteran campers,” is great for spirit and morale.

**Our mailing address is: Harry Bronfman Y Country Camp** 130 Chemin du Lac Blanc, Huberdeau, Québec, J0T 1G0 Please indicate your child’s unit on the envelope.

## HOW OFTEN SHOULD I EXPECT MAIL FROM MY CAMPER?

There are set letter writing days and all of our campers are encouraged to write twice per week. Please ensure that you send with your camper enough stationary, pens, envelopes and stamps.

## MAY I SEND AND RECEIVE EMAIL?

Parents have the option of signing up for the “Bunk 1” email system, whereby they can send emails to their children. See Page 18 for details.

## MAY I TELEPHONE?

The Camp Office is open from 9:00 am until 10:00 pm Campers are not permitted to use the telephone, and our office staff will not direct calls to or take messages for campers. This is to help campers make the adjustment from home to camp. Please feel free to call 819-687-3271 if you wish to discuss matters with the Directors, Program Directors or your child’s Unit Head. It is, however, important to understand that we are all fully involved in camp activities during the program day. We will take messages and call you back during the course of the day or in the evening. We will, of course, respond to emergencies as quickly as possible.

## WHAT IF HIS/HER BIRTHDAY FALLS DURING CAMP?

It is a YCC tradition to celebrate each camper’s birthday with a cake (provided by the camp), singing and a cabin party. If you (parents only) would like to phone your child on his/her birthday, please do so by arranging a time in advance with the unit head. Please do not expect phone calls from campers on family members’ birthdays.

## IS THERE AN OPEN HOUSE?

We are very proud of our facilities and of our camp site. On **Sunday, June 10 from 10:00 am - 2:00 pm** we will have an Open House for parents, children, relatives, and friends. This is a great opportunity to get a tour of YCC and to meet the Directors and our Head Staff. New campers in particular are encouraged to visit to familiarize themselves with the facilities prior to camp. Snacks will be provided. Travel time to camp is approximately 90 minutes; travel directions are enclosed.

## WHEN IS VISITING DAY/MAY I VISIT CAMP DURING THE CAMP SEASON?

We will be having a visiting day on **Sunday, July 22 from 1:00 pm - 4:00 pm**. **At no other time will visiting be allowed during the camp season.** This policy is strictly enforced.

- **Campers are not permitted to leave Camp on Visiting Day.**
- **Please ensure that all food brought into camp on Visiting Day is kosher and nut free. No food may be left behind for campers.**
- **Dogs are not allowed into the camp on Visiting Day.**

## BULLYING AND HARASSMENT

Bullying and harassment of any camper is never allowed and will not be tolerated. Some children argue, tease, and do hurtful things to one another from time to time. Most feel empathy, guilt, remorse, compassion and then make up and move on. A bully does not. The bully takes perverse pleasure in using his/her power to hurt their victim. Bullying behaviour includes rejection, name-calling, spreading rumors, threats, intimidation, and physical torment. As we have a zero tolerance policy to bullying, any cases of bullying will be dealt with by the Camp Directors immediately.

### CAMPER SAFETY

At YCC, we are committed to maintaining the highest standards of staff supervision and accountability and to offer campers a safe and secure environment where they can grow and flourish.

#### At YCC:

- Campers are supervised at all times and are not allowed to be alone with any staff members
- Between 2-4 staff members sleep in the cabins with the campers on Jr. Side
- All staff undergo a criminal background check
- All campers and staff are encouraged to tell their Unit Head or the Camp Directors immediately if any campers or staff make them feel uncomfortable in any way
- All campers and staff are instructed to report anything unusual or suspicious
- All campers are encouraged to tell an adult if they are being bullied or experiencing any other problems or inappropriate interactions while at camp

### STAFF TRAINING

Our staff members participate in an intensive training program during their orientation week. As part of this training, the staff will learn:

- How to create a safe, bully-free atmosphere beginning the first day of camp
- How to recognize different styles of bullying (direct, indirect, verbal, social aggression, etc.)
- How to recognize warning signs and behaviors that may indicate a child is under stress, being bullied or acting in an unusual way that raises concerns
- How to intervene quickly and effectively to keep all campers safe

Any violation of our bullying or camper safety policy will be addressed immediately by the staff and the Camp Directors, and, if not rectified, can result in the dismissal of the camper or staff member.

## FOOD POLICY AT YCC

### NUT FREE POLICY

Please note that the Y Country Camp is a **nut sensitive camp** - all of the food prepared by our catering staff, and all of the purchased food (cereal, condiments, chips, chocolate bars, etc) contain no traces of nuts. Furthermore, in continuing with our NUT FREE policy, all out of camp trips will provide only nut free food.

**Campers and staff are not permitted to keep food (with the exception of gum) in their tents or cabins at camp.** Although there are several factors which led to this decision - cleanliness, maintaining a nut-free condition in the units, encouragement of proper eating habits - the main issue has to do with **Camper Safety**. This regulation has effectively eliminated the occurrence of animals coming into camper tents, a potentially hazardous situation.

### TUCK

We offer tuck throughout the week (a variety of snacks, selected by each camper).

### SNACKS

Aside from the daily afternoon “freezies”, and the evening “cookies” and fruit, we offer fresh fruit, treats as well as other healthy option for our campers and staff throughout the day and before bedtime.

### MAY I SEND FOOD PACKAGES?

**NO! NO! NO! NO! NO! NO!**

We serve three meals a day plus snacks and tuck, ample for your camper’s needs. We keep camp kosher by buying and preparing all the food ourselves. We ask for your help in respecting this policy. Food packages are not permitted to be sent to camp, and will not be distributed to your child. Any food packages received, at the Camp Office in Huberdeau, will be confiscated and disposed of.

### WILL MY CAMPER LEAVE CAMP ON TRIPS?

Yes, your camper will participate in one or more out-of-camp trips if they are on Senior Side - entering grade 7 and up.

The Hiking and Tripping program (H&T) is an integral part of YCC. There is an overnight (or “overnight” for younger campers) on our camp grounds once during each session, and a canoe or hiking trip is scheduled for every unit on senior side in each session. Campers learn to live in harmony with (and gain respect for) our natural environment.

### POLICY ON CAMPERS LEAVING CAMP

As it is extremely disruptive to the campers in camp, it is our policy that campers may not leave camp during the summer for family functions, concerts, doctor/dentist appointments, etc.

### WHAT ABOUT TIPPING?

Although it is neither necessary nor expected, YCC permits the tipping of its staff members. However, it is absolutely contrary to camp policy to tip a counsellor before the summer.

## DOES MY CAMPER NEED MONEY AT CAMP?

Absolutely not! There is no need for any child (except Masada and CITs) to have money at camp.

Masada campers (currently in grade 8) leave camp to go to the waterslides in Saint Sauveur once each session, where they are permitted to purchase snacks. Recommended spending money \$20.

## WHAT ABOUT OUR MEDICAL FACILITIES?

At YCC, we work hard to ensure personal and professional medical care when needed. Your cooperation is necessary! It is mandatory that your child have a complete medical examination prior to the camp season. Complete the **medical form** on Bunk1.com in your camper’s profile. Be sure to update the camper information if the online form has been filled out in a previous year.

We maintain a complete health care facility with a doctor in residence at all times. The doctors are:

### 1ST SESSION:

**Dr. Earl Rubin:** Affiliated with the Montreal Children’s Hospital, and in his 14th summer at YCC.

**Dr. Mark Karanofsky:** Affiliated with Herzl Family Medicine Centre at the Jewish General Hospital, and in his 10th year at YCC.

### 2ND SESSION:

**Dr. Sophie Alloul:** Affiliated with Cité de la Santé de Laval, Ste Justine and office practice, and in her 4th summer at YCC.

**Dr. Goldie Marmor:** Affiliated with the MUHC, and in her 1st year at YCC.

The infirmary also has a wonderful team of support staff which includes our camp nurses, Heather Kape and Melissa Hoffman, and parents of campers (past or present), who come with different areas of expertise. Some are dentists, occupational therapists, teachers, etc... but all share common sense, and a wealth of experience in providing tender loving care and the “Mommy-Medicine” that children need when they are hurt or not feeling well.

During the summer, the infirmary has set hours for clinic, but is open 24 hours a day in case of emergencies, whether they are major or minor.

Should your child require any prescription medication, or need to stay overnight in the infirmary, the doctor will contact you to let you know what is going on.

If your child is remaining in the infirmary, and you would like an update of his/her situation please feel free to call us the camp at 819-687-3271. If your child is not in the infirmary, but you would like them to be seen by the doctor, please contact the Camp at 819-687-3271 and we will be happy to help you.

Rest assured that the people who work in the infirmary are a dedicated group of individuals who are around to make sure that your children stay healthy. While we hope that it is not necessary, the medical staff will be in close contact with you should anything arise that we feel you should be aware of.

## WHAT ABOUT OUR MEDICAL FACILITIES? (continued)

Although we pride ourselves in maintaining a wide and excellent range of medication, it is impossible to stock every kind of antibiotic, asthma medication, cream, ointment, etc. As the cost of ordering special medication to meet the needs of a few campers with specific requirements is prohibitive, we will have to pass these costs on to the parents. We will of course advise you before purchasing anything.

As U.S. and international residents are not covered by Québec Medicare, we require \$225 as a contingency toward fees for medical services. Any expenses incurred will be receipted and the balance refunded after the camp season.

## SUNSCREEN STATIONS

The application of sunscreen is a high priority at the Y Country Camp. “Sunscreen Stations” are set up in strategic spots throughout the camp. These stations hold a bottle of sunscreen and a mirror for the campers and staff to use. Counsellors will encourage the campers to visit these stations throughout the day. Please remember that while the counsellors and specialists are trained to remind the campers to use sunscreen, it is imperative that this be reinforced at home. Campers should come to camp with their own sunscreen, which they apply before leaving their bunks.

## CAN YOU SATISFY SPECIAL DIETARY NEEDS?

We cater to vegetarian, vegan, lactose free and gluten free diets. Please contact the Camp office to discuss any dietary restrictions your child may have.

## STARTER CAMPER TRANSPORTATION

The dates and procedure for starter camper luggage pick up and departure to camp is the same as for all other campers (see pages 5 and 14). “Starter campers” who stay only for the two weeks originally scheduled, are brought back to Montreal with their luggage by a camp bus to the Place Vertu parking lot, **between 11:00 am and noon on Wednesday, July 11 (1st session) and on Sunday, August 5 (2nd session).**

## MINI CAMPER TRANSPORTATION

Transportation for 1 week mini campers will be arranged on an individual needs basis.

## WHAT IF A STARTER OR 1 WEEK MINI CAMPER WANTS TO STAY LONGER?

If a starter or mini camper indicates to his/her unit head that he/she would like to stay longer, the unit head will call the parents to discuss the possibility. This is the only time that a camper and parent will have the opportunity to speak to one another by telephone, to confirm the camper’s extension at camp.

## 5 ½ WEEK CAMPERS

The dates and procedure for 5 ½ week camper luggage pick up and departure to camp is the same as for all other campers (see pages 5 and 14).

**5 ½ week campers** are brought back to Montreal with their luggage by camp bus, to the Place Vertu parking lot, **between 11:00 am and noon on Sunday August 5.**

## CAMP LIFE POLICIES

- The possession of non-medical use of drugs is prohibited. Anyone in breach thereof shall be sent home.
- The possession or use of alcohol on Camp property or during Camp activities is prohibited. Anyone in breach thereof shall be sent home.
- The possession or use of cigarettes by campers and CITs is prohibited. Anyone in breach thereof shall be subject to dismissal and shall be sent home.
- A camper who is in breach of curfew, will meet with the Camp Director. The parents will be contacted and informed that a second such infraction will result in the camper being sent home.
- The possession or use of a cell phone by campers is prohibited. Anyone in breach thereof shall have their cell phone confiscated. Please see our Screen Free Policy on Page 14 for all details.
- Inappropriate use of the internet can result in a camper not being accepted at YCC (all campers and staff must sign a contract regarding internet use).
- Gambling is forbidden at camp; any camper who gambles will be subject to dismissal.
- Boys may only be in cabins and tents designated for boys; girls may only be in cabins and tents designated for girls.
- We want kids to be free of sexual pressures they may be exposed to elsewhere. Any unwanted touching that victimizes anyone is forbidden. Anyone in breach thereof shall be sent home.
- Campers in our older units will be told that the Y Country Camp is a place for them to grow, learn and explore their own capabilities and their relationships with others. They will be told that Camp is not a place to experiment sexually.
- Campers are encouraged to tell their Unit Head or the Camp Directors immediately if any camper or Staff makes them feel uncomfortable in any way.
- **These are zero tolerance policies. Please support us in not allowing any illegal substances to come into camp.**

**Please refer to the Camp Life Agreement on pages 14, 15 for the camp’s stance on these and other issues that involve the well-being of all of our campers. If you have not already done so, please review this agreement with your camper. Both the parent and camper are asked to sign the agreement and return it to the camp office by June 1, 2018.**

# CAMP LIFE AGREEMENT

Our goal at YCC is to provide each camper with a structured, supportive environment in which they will learn, develop and grow as members of our community. We encourage campers and staff to respect themselves and others, our camp facilities and our planet and environment. YCC is committed to providing a safe camp environment in which relationships are characterized by dignity, respect, and fair treatment. Any behaviour in violation of the following policies or practices will be discussed with the camper and parents and may result in the camper having to leave camp.

## Bullying

YCC defines bullying as unwanted, aggressive behaviour among campers that involves a real or perceived imbalance of power. The behaviour is repeated or has the potential to be repeated over time.

- Campers must not bully or threaten other campers or staff. This behaviour will not be tolerated.

## Appropriate Behaviour

- Campers must always use appropriate language and demonstrate respect for others and themselves.
- Vandalism or intentional damage caused to camp property, including graffiti, will not be tolerated. Parents will be billed accordingly to replace, repair or clean damaged property.
- Campers are expected to dress appropriately at all times. This includes wearing proper clothing at all activities. Campers are not allowed to wear any clothing that references drugs, alcohol, sex or inappropriate language. Clothing of high intrinsic value should be left at home.
- Campers must not threaten nor use physical violence with other campers or staff members.

## Safety

- Campers may not possess nor use any kind of tobacco products, matches, lighters, fireworks, fire crackers or open flames for any purpose at camp.
- Weapons are not permitted at camp nor during out of camp programs. In addition to all assumed weapons, a weapon also includes any items, body parts or words used in an inappropriate way, which may cause a real or perceived threat or harm or intimidation to others or to oneself.
- Possession, consumption or use of alcohol, illegal drugs or the illegal use of legal or prescription drugs is prohibited at camp.

## Boundaries

- Campers must stay with their assigned group and staff at all times.
- Campers may only leave camp property on supervised, camp organized outings.
- Campers must attend all scheduled activities, meals, programs unless excused by a Supervisor, Program Director or Director, and then only with supervision.
- Campers must follow set curfews and may not leave their cabin/tent/unit after curfew.
- There is no visitation in cabins/tents between boys and girls at any time. Campers are only allowed in their own cabin/tent and gender appropriate bathroom facilities.

# CAMP LIFE AGREEMENT

## Screen Free Policy

We understand that electronic devices are ingrained in our everyday lives; however, summer camp is one of the few places where campers are given a chance to disconnect. One of the beauties of YCC is that our campers get to experience the outdoors, make new friendships and take a break from the everyday stresses of city life. We want them to focus on being outdoors amongst friends; gaining independence, skill building, being physically active, fostering new friendships, and having fun.

To allow our campers to get the most out of their summer at YCC, we have a “Screen Free Policy” for both campers and staff. The only permitted electronics are screen-free music players (ie. iPod shuffles, CD players) and digital cameras. All cell phones and other music players, tablets, e-readers (such as Kindle), iPods with screens, portable game devices, walkie-talkies, and video players are prohibited.

## Year Round Online Communication Policy

We support the opportunity to connect with camp friends online but we want campers to do so in a safe and respectful way. If YCC is referenced online, its programs or activities or campers and/or staff online, we ask campers to follow these guidelines:

- Be respectful in all online communications related to or referencing YCC or members of the YCC community.
- Do not use obscenities, profanity or vulgar language.
- Do not use the internet to bully, harass or intimidate other campers, friends, or employees of YCC. Behaviours that constitute harassment and bullying include but are not limited to, comments that are derogatory with respect to race, religion, gender, sexual orientation, body image, colour, disability, or sexually suggestive, humiliating or demeaning comments and threats to stalk, haze or physically harm another person.
- Do not use the internet to discuss or showcase engaging in conduct that is prohibited by camp policies including but not limited to the use of drugs and alcohol, sexual behaviour, sexual harassment and bullying.

We want kids to be safe on the internet and social media. If a camper receives a threatening or abusive email or message, it is important not to respond directly – this might actually encourage the sender. Rather, it is important to tell one’s parents about this and if it involves a camp person – parents should contact the camp immediately.

If we discover that a camper breaks these rules, we will contact the parents of all the campers involved. A camper who abuses these guidelines may not be invited back to YCC.

## Agreement for Campers and Parents/Guardian

We have read the Camp Life Agreement for Campers and will support and abide by these rules and expectations.

Signature of Camper: \_\_\_\_\_ Date: \_\_\_\_\_

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

## YCC Screen Free Policy

Every summer at YCC, our campers get to enjoy the great outdoors, make new friendships and take a break from the everyday stresses of school and city life.

While we understand that electronic devices are part of our culture and daily lives, summer camp is one of the few remaining places where our campers are given a much needed break from the world of technology. Here they have the opportunity to enjoy everything that sleep away camp has to offer; developing their independence, skill building, making and fostering new friendships, getting dirty and so much more!

We have adopted and will be enforcing a “Screen Free Policy” at YCC. Your understanding and support of this policy will help enhance our campers’ experience and will allow them to fully embrace all that camp has to offer.

We have a similar policy for our staff which will ensure they continue to be positive role models for all of our campers.

The only electronics permitted will be screen-free music players (e.g. iPod shuffles, CD players) and digital cameras. All other music players, cell phones, tablets, e-readers (such as Kindle), iPods with screens, iPads, portable game devices, walkie-talkies, and video players are prohibited.

Any camper who brings an electronic device to YCC will have it confiscated and returned on the last day of camp.

A phone call home will take place by the Camp Director or Associate Director and a 2nd infraction of breaking a camp policy may result in the camper being sent home.

Your support and understanding of this policy will greatly enhance our campers’ summer experience.

## DIRECTIONS TO Y COUNTRY CAMP

**Summer telephone: 819-687-3271**

1. From Montreal, take the Laurentian Autoroute (15 North and Route 117) approximately 130 km, to signs for Tremblant.
2. **Immediately watch for exit #117 for Route 323 South to Brébeuf. (It is the turnoff after Route 327 South to Huberdeau.) At the traffic light make a left turn to cross under Route 117.**
3. Continue on Route 323 south to Brébeuf for about 8 km until you come to a **STOP SIGN**.
4. **Make a sharp left turn at the stop sign**, still following Route 323. Continue 0.4 km. There is a sign for Lac Bousois on the right and a street sign for Des Erables on the left. Turn left onto Des Erables.
5. Continue for 5.2 km. Look on the left for a street sign Chemin Lac Blanc. Turn left onto Chemin Lac Blanc.
6. Continue 0.8 km up the hill to Y Country Camp.

## 2018 LUGGAGE INFORMATION

### SESSION 1 DEPARTURE - Bring Luggage to:

PLACE VERTU PARKING LOT (3131 BOUL DE LA CÔTE-VERTU,  
H4R 1Y8 NEAR SEARS, CORNER CAVENDISH AND CÔTE-VERTU)

**on WEDNESDAY, JUNE 27**

**between 7:30 am and 9:00 am**

One plastic storage unit is permitted per camper. It must be empty for transportation.

### RETURN SESSION 1 - Pickup at:

PLACE VERTU PARKING LOT (3131 BOUL DE LA CÔTE-VERTU,  
H4R 1Y8 NEAR SEARS, CORNER CAVENDISH AND CÔTE-VERTU)

**on JULY 22 between 11:30 am - noon**

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### SESSION 2 DEPARTURE - Bring Luggage to:

PLACE VERTU PARKING LOT (3131 BOUL DE LA CÔTE-VERTU,  
H4R 1Y8 NEAR SEARS, CORNER CAVENDISH AND CÔTE-VERTU)

**on MONDAY, JULY 23 at 8:00 am**

**(same time as camper departure)**

One plastic storage unit is permitted per camper. It must be empty for transportation.

### RETURN SESSION 2 - Pickup at:

PLACE VERTU PARKING LOT (3131 BOUL DE LA CÔTE-VERTU,  
H4R 1Y8 NEAR SEARS, CORNER CAVENDISH AND CÔTE-VERTU)

**on AUGUST 16 between 11:30 am - noon**

## IMPORTANT INFORMATION FROM THE YCC INFIRMARY

### 1. MEDICARE CARD

It is **not required** to send the Medicare/OHIP card to camp with your child. Instead it is necessary that a **legible photocopy** be sent to the camp office. It must be a valid health care card, with expiry date being **AFTER** the summer season. Should you be out of town during the summer season, please leave the actual Medicare card with the person you appoint as an alternate contact person in case of emergencies.

The photocopy of the Medicare/OHIP card can be emailed to Michelle at: [mharari@ymywha.com](mailto:mharari@ymywha.com), or you may drop it off at the camp office.

### 2. SAFETY GLASSES

In our ongoing desire to make YCC the best possible place for children to spend their summers, **SAFETY GLASSES** are compulsory when campers are playing floor hockey at camp - no camper will be allowed to participate unless he/she will be wearing them. They are available at Schreter's at 4358 St. Laurent, and can be ordered by calling Schreter's at (514) 845-4231.

### 3. LICE

As in previous years, we will be checking all the campers for lice during the first few days of camp. To minimize the chance of bringing lice into the camp (and to hopefully prevent them from bringing it home), and to avoid the issue of treating the kids in camp, we once again ask to have your children checked for lice 7-10 days BEFORE they come to camp. If they have lice, please treat them BEFORE camp, and re-treat 7 days later.

Thank you for your cooperation in joining with us to make this a terrific camp experience for your children.

Dr. Earl Rubin  
YCC Camp Doctor

Stephen Rabinovitch  
YCC Director

Marni Schlomowitz  
YCC Associate Director

## PACKING LIST

This clothing list is recommended for full session campers and half session campers. Please ensure that all items are clearly labelled. Campers are permitted to bring up to 2 large duffel bags to camp. One plastic cubby/storage unit is permitted, however it must be empty for transportation.

### PERSONAL CLOTHING

- 1 plain white t-shirt for Shabbat/Bunk Photos/Intercamps
- 12 pairs assorted socks
- 12 pairs underpants
- 4 pairs long pants (sweatpants, leggings, jeans)
- 8 pairs shorts
- 4 bathing suits
- 2 sunhats
- 3 long sleeved shirts
- 10 t-shirts
- 4 warm sweaters or sweatshirts
- 1 jacket
- 1 hooded raincoat or poncho
- 4 pairs pyjamas
- 1 pair slippers/flip flops
- 1 pair rubber rain boots
- 1 pair regular running shoes
- 1 white clothing item (to be tie dyed)

### REQUIRED (MISCELLANEOUS ARTICLES)

- 2 duffel bags
- 1 small knapsack or day bag
- 1 flashlight and extra batteries!
- safety goggles for hockey
- 1 plastic drinking cup
- 1 box of Kleenex
- Insect repellent
- Sunscreen (15 spf or higher and waterproof)
- Shampoo + conditioner
- Deodorant

- Soap and soap box
- Toothbrush and toothpaste
- Comb/brush
- Feminine needs for girls
- Stationary paper, self-addressed stamped envelopes and extra stamps!
- Pencils/pens
- 1 dry bag (30 litre); for Sr. Side campers out of camp H&T trips

### BEDDING AND LINEN

- 2 sets of twin sheets and pillow cases
- 1 pillow
- 2 mesh laundry bags
- 2 mesh bags for socks and underwear storage
- 4 bath towels
- 4 beach towels
- 2 wash cloths
- 2 blankets
- 1 sleeping bag

### OTHER ARTICLES, OPTIONAL

- Camera
- Nothing with a screen!
- Musical instruments
- Baseball glove (labelled)
- Books, games, magazines
- Hockey stick (labelled)
- Ping pong paddle (labelled)
- Playing cards

To purchase camp apparel, please visit [ycountrycamp.com](http://ycountrycamp.com). Please do not bring jewelry, money or expensive items to camp!

# YCC

Join us for the last week of summer!  
Thursday, August 9 to Thursday, August 16, 2018

Open to all campers. Fee : \$475



## Top 7 reasons to come back for 7 days:

07

Daily choice activities

03

Roast s'mores over a bonfire

06

Outdoor movie night

02

Outing to the waterslides

05

Delicious cook-outs

01

Make more amazing memories with friends!

04

Out of camp beach day