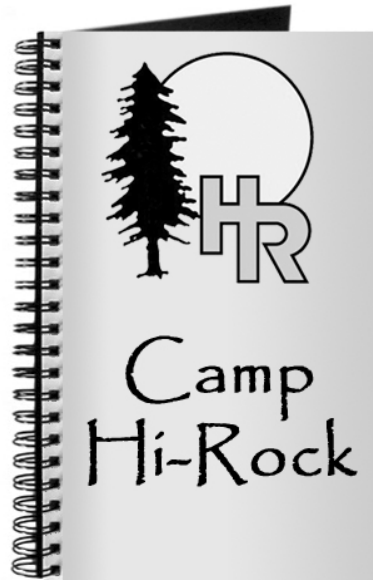




YMCA Camp Hi-Rock Parent Handbook



IMPORTANT CAMP CONTACT INFORMATION

YMCA Camp Hi-Rock
162 East Street
Mount Washington, MA 01258

T: (413) 528-1227
F: (413) 528-4234
camphirock.org

For all General Information/Inquiries,
Registration Questions, or our Main Desk:

(413) 528-1227 x10
info@camphirock.org

Jessica Speer-Holmes
Executive Director

(413) 528-1227 x11
executive@camphirock.org

Charles Hirsch
Camp Director

(413) 528-1227 x14
summer@camphirock.org

Timothy Cha
Director of Administration

(413) 528-1227 x12
admin@camphirock.org

Susan Buckwalter
Group Camping Director

(413) 528-1227 x13
retreats@camphirock.org

Day Camp Director:
(summer only)

(413) 528-1227 x16
daycamp@camphirock.org



Dear Parents, Guardians, Campers, Friends, and Families,

Thank you for choosing YMCA Camp Hi-Rock for your camping experience. This handbook provides important information about our policies and procedures. Please read the contents of this handbook carefully to prepare your camper (and yourself) for a successful Hi-Rock summer.

Camp Hi-Rock is committed to ensuring that every camper's stay with us is safe, happy, and rewarding. Our goal is to challenge and nurture the individual, build self-esteem, instill leadership and social skills, strengthen the body, lift the spirit, and sharpen the mind. We strive to accomplish this by fostering an atmosphere built around the YMCA's four character values - caring, honesty, respect, and responsibility - while developing skills, making friends, and having a great time!

Please read through this handbook and any other camp documents very carefully, and discuss relevant sections with your camper. All Hi-Rock participants are expected to follow our Code of Conduct in order to maintain an environment of safety and respect.

Feel free to contact us at any point if you have questions or concerns; the Camp Hi-Rock staff would love to hear from you. If you would like to arrange a tour of camp, please contact us at least one week in advance to help us coordinate your visit. We look forward to seeing you this summer!

Sincerely,

The YMCA Camp Hi-Rock Staff



YMCA

We build strong kids,
strong families, strong communities.

Camp Hi-Rock: Camp With Character

Programs With Purpose since 1948

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Camp Hi-Rock: Before Your Camper Comes To Camp

Highlights

- Please remember to note two important dates:
 - May 1: All balances due (day camp fees due June 1); written notices of any registration changes, additional requests, or cancellations also due (those who register after the deadline must be paid in full upon registration)
 - As soon as possible (ideally June 1 or ASAP): All medical forms due; camper personal history form may be sent at this time
 - **(Day Camp)** As soon as possible (at least 2 weeks before camper's arrival): Coaching period request form may be sent at this time
- Please remember to put your camper's health insurance information on the Medical Form, and to provide camp with a copy of both the front and back sides of his/her health insurance card. Camp Hi-Rock does not provide insurance for campers.
- The information found in this handbook, as well as all required forms, can be found on our website: <http://camphirock.org>.
- Camp Hi-Rock is a not-for-profit organization owned and operated by the Central Connecticut Coast YMCA. For more information, please visit: www.cccymca.org.

*****PLEASE KEEP COPIES OF ALL MEDICAL FORMS AND BRING COPIES TO CHECK-IN.*****

Registration Policies

Changes and Requests. If you need to make any changes to your original registration form, please contact the camp office and send written notification as soon as possible. These changes or requests may include: session changes, waterskiing requests, transportation needs, special dietary requests, authorization of persons to pick up your camper, camp store deposits, cabin mate requests (**Resident Camp**), or meal plan changes (**Day Camp**). Because camp sessions, spaces in our waterski program, and our bus routes reach capacity each year, written notification should be sent no later than May 1. After May 1, changes will be accommodated where possible.

Custodial Issues. Please inform the camp office, in writing, of any special custodial circumstances of which we should be aware. The camp office must be provided with legal documentation concerning any parental visiting issues.

Cancellations and Refunds. If, for any reason, your camper cannot come to camp at the scheduled time, PLEASE NOTIFY OUR OFFICE IMMEDIATELY! There may be a waiting list for camp, and someone might be glad to take the place originally reserved for your camper. **The deposit is not refundable** as it covers the administrative costs of registrations and cancellations. Any other payments will only be refunded if the camp office receives written notice of cancellation by May 1. Refunds can take up to 90 days to process, regardless of amount. If a camper is unable to come to camp due to an accident or illness, payments are refundable provided a doctor's note is submitted. Refunds will not be granted to campers who choose not to complete their stay due to homesickness or dislike of our programs, or who are expelled from camp due to their failure to comply with the Camper Code of Conduct.

Confidentiality. Camp Hi-Rock will not release personal records, data, or medical examination reports to anyone without the consent of the camper's parent/guardian.

Medical Policies and Procedures

Required Medical Forms. Commonwealth of Massachusetts law requires campers to have documentation of a physical examination, conducted by a licensed physician within two years prior to their stay at camp. Camp medical forms are provided for this purpose, and are available on our website, <http://camphirock.org>:

1. **YMCA Camp Hi-Rock Medical Form and Medical History:** The camper's parent/guardian must complete and sign the Medical Form within 6 months of their camper's stay at camp. A licensed physician must complete and sign the "Medical History" side of the form, which includes a medical history, immunization records, and a physical examination report. *Please include your camper's insurance information on this form and provide camp with a copy of both the front and back sides of the health insurance card.*
2. **YMCA Camp Hi-Rock Medication Administration Release Form:** Camp Hi-Rock cannot administer any prescription or non-prescription medication brought from home to a camper without a complete Medication Administration Release Form. This form requires details including the name of medication, directions for use, and the patient's name. A parent/guardian must sign this form; if any prescription medications are listed, a licensed physician must also sign this form.

Please mail your completed medical forms to camp as soon as possible before your camper's stay at camp, ideally by June 1. You should retain a copy to bring to check-in or to hand in at the bus stop on the first day of camp. We cannot allow any camper to remain at camp without a current and complete medical form. The Medical Form includes documentation of parental consent, allowing the camp staff to provide emergency medical attention for a camper if necessary, and basic health insurance information to be used if the camper requires medical care or prescription medication. In order to meet specifications set by our local Board of Health, **only the Camp Hi-Rock medical forms are acceptable.**

Medical Care. Daily medical care is provided by the camp nurses, in accordance with standing orders from our consulting medical practice, Macony P.C. Our nurses are available 24 hours a day. Sick call is held four times daily for mildly ill campers. First aid kits are kept in all program areas as well as in the campers' living areas, and are also carried on hikes and overnight campouts. The majority of first aid will be administered by medical staff; however, the general staff are trained in CPR and First Aid and will administer first aid when necessary.

Medications. All prescription or non-prescription medications must be handed to the camp nurses in their original containers, and placed in a labeled bag, on check-in day or the first day of camp. Medications must be accompanied by a Medication Administration Release Form. All medications, including vitamins, are to be administered under the direct supervision of a camp nurse. These medications will be locked in the camp infirmary when not required. Should a medication be required to be kept on a camper's person, a physician must provide written authorization for the medication to be kept with the camper at all times.

Medications will only be administered once the camp nurses have approved the prescription as detailed on the Medication Administration Release Form. The nurses may administer other non-prescription medications according to our standing orders if needed by your camper during their stay, provided you have not indicated an allergy to such medications on the Medical Form.

(Resident Camp): Nurses may also administer prescription medications prescribed by a local physician during your camper's stay.

Camp Medical Policy - Accident or Illness Requiring Medical Attention. At least one of our registered nurses will be on camp at all times, and our counselors are certified in CPR and First Aid. If any serious accident or illness occurs at camp, we will administer medical care and contact parents as quickly as possible. If parents are not available, we will call the emergency contacts listed on the registration form and the medical form. If necessary, campers will be taken to a hospital or doctor's office for further treatment. In the case where the camp emergency vehicle is inadequate given the patient's needs, our Emergency Action Plan will be activated.

In the case of minor accident or illness, parents will be informed only if the camper requires an overnight stay in our infirmary, or is required to be seen by a doctor. Parents will not be called every time campers visit our infirmary.

Camp Medical Policy - Accident or Illness Requiring Camper Pick-Up. The Camp Hi-Rock staff and camp nurses will make every attempt to create a positive experience for your camper in the event of injury or illness. However, in the event that we are unable to accommodate a camper under any extraordinary circumstances, parents must have a firm plan prepared to arrange for their camper's pickup by someone authorized in advance on the registration form or through subsequent correspondence. The parents, emergency contact, and/or other authorized pickups must be available to pick up their camper if deemed necessary by the camp staff.

Insurance and Health Coverage. If your camper requires medical treatment by a doctor, we will transport them to and from the hospital or doctor's office. Any expenses incurred (doctor or hospital fees, medications, etc.) will be the responsibility of the parents/guardians. YMCA Camp Hi-Rock does not provide insurance for campers. Please include your camper's health insurance

information on his/her Medical Form, and provide a copy of the front and back sides of the camper's health insurance card. Because any expenses incurred are billed to the parent/guardian, you may wish to contact the following agencies upon notification of any medical events:

1. Your insurance provider
2. Macony Pediatrics: (413) 528-4047 (if your insurance claims require a referral from your primary care provider, you are responsible for reporting any required information)
3. Fairview Hospital: (413) 528-8019
4. Bill's Pharmacy (prescriptions to be paid by parent with credit card): (413) 528-2860

Day Camp: Insurance and Health Coverage. Because of their proximity to camp, local parents, when contacted, may wish to pick up their campers and take them to their own pediatrician to avoid any unnecessary complications regarding medical care.

This camp complies with the regulations of the Massachusetts Department of Public Health and is licensed by the local board of health.

Other Important Camp/Camper Information

Personal History Form. A Camper Personal History Form is provided with confirmation of registration, and is available online. This form allows you the opportunity to share information with the camper's Unit Director, the Camp Advisor, and appropriate camp staff. Please include any information that will help us better serve your camper.

Day Camp: Coaching Period Request Form. YMCA Camp Hi-Rock offers individual choice programming for older day campers. Coaching periods give campers in the Bobcat and Falcon units some scheduling flexibility from week to week, and are an opportunity for them to try new activities or develop skills in others. If you believe your camper will be eligible, please fill out the Coaching Period Request Form and submit it to our office no later than two weeks before the start of camp. If your camper is staying for longer than two weeks, the staff will ask partway through each session if his/her preferences have changed for the next session.

Camp Birthdays. If your camper's birthday falls during his/her stay at camp, we would be happy to prepare a cake for them and to have the whole camp wish them a happy birthday. Please contact the camp office well in advance to let us know of a birthday that will happen at camp, and please confirm on check-in day that we have your camper in our list of birthdays that session.

Open Houses and Tours. Camp Hi-Rock will hold Open House events in the spring for families who would like to visit camp before the beginning of summer camp. Please check our website, <http://camphirock.org>, for dates, times, directions, and other details.

If you are unable to attend our Open Houses, but would like to familiarize yourself with the buildings and layout of Camp Hi-Rock before the start of summer camp, you and your family are welcome to contact us to coordinate a visit. Please call our office in advance to arrange a tour.

More Parent Resources

American Camp Association (ACA). YMCA Camp Hi-Rock is proud to be accredited by the American Camp Association, a community of camp professionals dedicated to enriching the lives of children and adults through the camp experience. Along with the ACA, we believe that informed parents are best equipped to prepare their children and themselves for a positive camp experience. To that end, we welcome parents to visit the American Camp Association's website geared directly to camp parents (<http://www.campparents.org>) and to contact us with any questions relating to your camper's upcoming stay at YMCA Camp Hi-Rock.

Summercamphandbook.com. *The Summer Camp Handbook* is an award-winning guide for parents sending children to summer camp. The book, co-written by two longtime camp and youth development professionals, has been published online for free viewing by parents and campers alike. Please feel free to visit <http://www.summercamphandbook.com> and to contact us with any questions relating to your camper's upcoming stay at YMCA Camp Hi-Rock.

<http://www.campparents.org>

<http://www.summercamphandbook.com>



Camp Hi-Rock:

Coming to Camp (and Getting Home)

Highlights

- Please be very careful to drive slowly and carefully when driving up the mountain road. It is easy to forget the speed limit on such a beautiful, winding road, but there are children living along the road and neighbors walking at all times of day.
- Because our procedures for resident (overnight) camp and day camp vary so significantly, separate sections regarding transportation, packing lists, and the first (and last) day of camp are listed here. Please read relevant sections carefully.
- **(Resident Camp)** Our check-in and check-out times have changed! Check-in will be on Sundays from 11:30am until 2:30pm. Check-out will be on Saturdays from 9:30am until 11:30am.
- **(Resident Camp)** Don't forget to visit our camp store, before leaving camp, to purchase any final souvenirs for the summer and to settle your camper's account.
- **(Resident Camp)** If your camper is arriving or leaving in the middle of a two-week session, please proceed to our office first so we can check him/her in or out.

Resident Camp: Transportation

Directions. Parents/Guardians driving their campers to Camp Hi-Rock can find directions in the appendix of this handbook, on our website, or through most online map websites. If you use directions from somewhere other than Camp Hi-Rock material, please double-check with our directions once you reach the general vicinity of the South Egremont/Mount Washington area. The directions listed by some websites may include some roads with little or no signage and can be difficult to follow for anyone not familiar with the area.

Bus Transportation. As an alternative to driving your campers to and/or from camp, Camp Hi-Rock offers bus transportation to and from some of our major service areas: Fairfield and Bridgeport, CT, White Plains and Manhattan, NY, and Boston, MA. Buses are only available at the start and end of each two-week session; parents must arrange transportation for campers coming to or leaving camp in the middle of a two-week session. Bus fees are listed on our registration form and are also found online. The bus schedule, as well as specific times and locations, can be found in the appendix of this handbook, on our registration form, and online.

** Campers taking the bus home after sessions 1-3 will leave on a Sunday, even though sessions end on Saturday.**

Transportation Notes

- If campers are coming to camp on the bus, they must hand in copies of their medical forms in order to board. Please hand all paperwork to the bus monitor.
- Parents/guardians should not expect to pay camp fees at the bus stop. **All fees must be paid in full by May 1, including any store fees.** Those who register after May 1st must be paid in full upon registration.
- No campers should be left on their own while waiting to be picked up.
- Attendance will be taken before the bus leaves.
- Since the buses run through lunch time, be sure to send a bag lunch and beverage with your camper. Please do not include peanuts or any food with nut products.
- Parents who pick up campers directly from camp must arrive on Saturday morning.
- All buses run on Sunday except for buses taking campers home on the last Saturday of the summer in August.

Airport Pick-up/Drop-off. If your camper does not live within driving distance, Camp Hi-Rock also offers limited transportation to and from two local airports, JFK and Bradley International Airports. Please contact our office well in advance to coordinate flight details and transportation needs. **All flights must be scheduled to arrive on Saturday except for session 1 (when arrivals should be scheduled for Sunday, the first day of camp).** If other airports or other days are requested, an additional charge may be incurred.

Resident Camp: What to Bring

- Please help your camper pack appropriately for his/her stay at camp, and discourage him/her from bringing expensive electronics or valuables. We recommend that you use a labeled footlocker for camp no taller than 18 inches so that it will fit underneath the bunk beds. **Please be aware that each camper is responsible for his/her belongings.** We cannot accept responsibility for damage to, or theft of, personal property while at camp. You may wish to bring a combination lock for a footlocker.
- In order to help us operate a smooth check-in day, **please bring copies of all medical forms** with you, **even if you submitted forms in advance.** If you need to make any last-minute changes to your camper's registration, please be prepared to make written authorizations and to pay for additions or changes with cash, check, or VISA/MasterCard authorization during check-in. All accounts should be settled in advance.
- All prescription and non-prescription medications, including vitamins, must be administered by the camp medical staff during the camper's stay. Please gather these medications and make sure they are listed on your camper's Medication Administration Release Form.
- The Best Name Tape Company provides affordable sew-on and iron-on name labels for clothing and apparel. For more information, visit www.bestnametape.com.

****REMEMBER TO BRING A COPY OF YOUR CAMPER'S SIGNED MEDICAL FORMS****

Camping Equipment and Personal Property. The following is a list of suggested items for campers to bring to camp. All items should be clearly marked or labeled for identification.

- We advise that campers bring clothes which they will not mind getting dirty. Please remember that activities will still run in periods of light rain.
- Be sure to pack enough warm bedding and clothing; nights can be cold.
- The following items may **not** be brought to camp: glass containers; aerosols; target sport equipment; PSPs, Nintendo DS, or similar handheld games; radios; knives or Leathermans; fireworks; food; gum; TVs; computers; lighters; or **cellular phones**. Campers may bring personal music listening devices, but they are not allowed outside the camper's cabin. If they are used outside, they may be confiscated until the day the campers leave camp. We cannot accept responsibility for loss or theft of personal property while at camp.
- **Please do not send your camper to camp with food.** Having food in the cabins attracts raccoons, mice, chipmunks, and other animals into your camper's living area. Please respect camp policy and **do not** allow campers to bring any food to camp **or** send food by mail.
- Lost & found items will be washed and sent to Goodwill after each session. If your camper loses something of significance, let our office know and we will do our best to locate it.
- **Note:** Flip-flops/open-toe shoes may not be worn on camp, except while on the waterfront or inside the shower house. Please do not expect to wear flip-flops at any other times.

SUGGESTED PACKING LIST FOR A **TWO**-WEEK SESSION AT CAMP:

STRONGLY RECOMMENDED

1 heavy blanket
1 sleeping bag and pillow
1 pair of pajamas
2 sweaters or heavy shirts
1 warm jacket
4 long sleeve shirts
8 T-shirts
3 pairs of long pants or jeans
6 pairs of shorts
14 pairs of underwear and socks
2 pairs sneakers
3 pairs swim trunks or bathing suits
3 towels and wash cloths
1 set rain gear
1 warm hat
1 flashlight with batteries

OPTIONAL

1 fitted/flat sheet for mattress
camera and film or a disposable camera
reading/writing material
one nice outfit for the social and banquet
waterproof boots
bathrobe
tennis racquet and balls
baseball/softball glove
fishing pole, line, hooks, and lures
leak proof water bottle
day pack
pre-stamped and addressed envelopes
laundry/dirty clothes bag
baseball hat/hat with a brim
shower shoes
pictures from home, stuffed animal, etc.

Toiletries, as needed: shampoo, soap (in container), comb/brush, toothbrush, toothpaste, tissues, sunscreen, non-toxic insect repellent

****PLEASE MAKE SURE ALL VALUABLES ARE CLEARLY LABELED****

Resident Camp: Check-In

Check-In Procedure. Check-in will occur at camp this summer. If you are dropping your camper off at camp, please plan to arrive between 11:30am and 2:30pm. Check-in will occur in the following way (subject to change):

1. When you arrive at the camp entrance, please proceed to our main gate next to the maintenance buildings. Please inform the camp staff of the name of the camper you are checking in. You will receive information on your camper's Unit name and camper number. At this point, please separate your camper's medical forms and swimming materials from the rest of his/her belongings; footlockers, trunks, and suitcases will be transported directly to your camper's unit area.
 2. Please park your car, as directed by our camp staff, to reduce impact and improve traffic flow. Staff will be dispersed throughout camp to direct you towards our check-in location.
 3. When you arrive at the check-in location, you will meet our Executive Director, Jessica Speer-Holmes, and our Camp Director. It is at this point that you will find information on your camper's cabin assignment.
 4. There will be various tables with information on additional programs, such as our waterski program, our Bunk1 one-way email service, and our swim program. Please stop by these tables to confirm registration in, or inquire about, these activities. You will also have the chance to confirm your camper's birthday and verify your contact emails and listings for people authorized to pick up your camper from camp.
 5. All balances should be paid in advance, no later than May 1, or upon registration. Please confirm the status of your account at our Billing/Accounts table. At this time, you can also confirm your camper's store account, and add any extra funds.
 6. The camp nurses will have a table to meet parents, double-check the status of your camper's medical forms, and to accept any medications and/or vitamins you wish to be administered to your camper while at camp. Campers must have complete medical forms in order to come to camp. Campers will also undergo a lice check by trained staff members.
 7. Before finishing check-in, feel free to meet our Unit Directors and other administrative staff. Our Unit Directors will be available to greet you and your camper, and to discuss any issues you would like to address.
- **Lunch** - Feel free to enjoy a cold lunch buffet prepared for campers and families.
 - **Camp Store** - You may visit our camp store with your camper to purchase items without accessing your camper's store account. Camp store accounts will not be accessible by campers until the first full day of camp
 - **Changeover** - If your camper is coming back to camp from a previous session and you arrive after the conclusion of check-in for new campers, please proceed directly to our office so we can follow proper check-in procedure.
 - **Swim Tests** - After check-in, campers will proceed from their cabins to our waterfront for their swim tests.
 - **Good-Byes** - Please say goodbye in a timely fashion to help your camper begin a smooth transition into camp life.

Resident Camp: Check-Out

Check-Out Procedure. Check-out will occur at camp this summer. If you are picking your camper up at camp, please plan to arrive between 9:30am and 11:30am. Check-out should occur in the following way (subject to change):

1. When you arrive at the camp entrance, please proceed to our main gate next to the maintenance buildings. Please bring proper identification; you must be authorized in advance in writing to take anyone off camp. At the main gate, you will receive a "Check-Out Checklist" with the following steps.
 2. Please proceed directly to our office so we can confirm you as an authorized pick-up for your camper. Once we have confirmed you and signed out your camper, you will receive a ticket allowing you to take your camper off camp. **You should hold on to this ticket until you leave camp.**
 3. If you have any remaining **account activity**, you can make final payments at this time.
 4. If your camper brought any **medications** to camp, please stop by our infirmary next to the office, and retrieve any unused medications. Any medications not picked up may be shipped home at the parents' expense.
 5. At this point, please head towards your camper's unit area. You will be able to meet and speak with your camper's cabin mates, counselors, and Unit Director, who will help you bring your camper's belongings to your vehicle. Please **show** your authorization ticket to your camper's counselor upon arrival in the unit.
 6. Please check in front of the dining hall with your camper to view our collection of Lost & Found, especially if he/she knows of any misplaced belongings. Lost & Found items will be washed and sent to Goodwill after each session. If your camper loses something of significance, please let us know and we will do our best to locate it and contact you. YMCA Camp Hi-Rock cannot be responsible for any lost clothing or items.
 7. Before leaving camp, please visit our camp store to close your camper's account, and to pick up any summer souvenirs. While there, please indicate what you would like to do with any **remaining camper balances**. Remaining funds can be left for next year, donated, or refunded; please read the "Camp Store" section of "While Your Camper is at Camp" for more information.
 8. When leaving camp, please submit your authorization ticket to the appropriate camp staff at our main gate next to the maintenance buildings.
- **Changeover** - If your camper is returning for the following session and you come to visit after 11:30am, please proceed directly to our office so we can follow proper procedure.
 - **Note:** Campers may not leave camp with anyone not previously authorized to take them off camp. Authorizations must be made in writing, in advance, by the camper's parent/guardian.
 - **Buses** - Campers taking the bus home will leave camp the Sunday morning after the end of the session, except for session 4.

Day Camp: Transportation

Bus Registration. Camp Hi-Rock provides free bus transportation for some of our major service areas: Great Barrington, Sheffield, South Egremont, Stockbridge, and Mount Washington, MA, as well as Austerlitz, NY, Hillsdale, NY, and Salisbury, CT. Specific times and locations can be found in the appendix of this handbook. Parents may specify a morning location that is different from the afternoon location, if necessary. If you would like to change either location for your camper, please contact our office at least one week in advance. Changes to bus routes can only be made before the relevant week has begun.

Morning Drop-off. Because of daily variation in traffic and driving times, please try to bring your camper to the morning location at least five minutes in advance. Parents or guardians should remain with their campers until our bus arrives, and accompany their campers to the bus in order to sign our sign-in/sign-out sheet. At this time, you may also submit to the day camp staff any waivers or parental notes you wish to submit to our office.

- Parents should not expect to pay camp fees at the bus stop. **All fees must be paid in full by June 1, including any store fees.** Those who register after June 1st must be paid in full upon registration.
- No campers should be left on their own while waiting to be picked up by the bus. Parents must sign their camper in with the camp staff.
- Campers must be seated while on the bus and follow all rules set by the staff.

Afternoon Pick-up. YMCA Camp Hi-Rock will not leave campers unsupervised if a parent is not present at the afternoon pick-up location. There is a fee of **\$1/minute** after the printed pick-up time, until an authorized parent/guardian arrives to pick up his/her camper. If no one arrives to pick up your camper, we will continue on the scheduled route and return to the pick-up location after all other campers are dropped off from the bus. If there is still no one authorized to pick your camper up, we will return to camp and attempt to contact you. In the case that we cannot reach you or the emergency contact, we will notify the local police.

Day Camp: What to Bring

Clothing. Campers should bring clothes which they will not mind getting dirty. Please remember that camp will still run in periods of light rain. To avoid lost articles, make sure that all clothing and personal items are clearly labeled. Lost & found items will be washed and sent to Goodwill after each session. If your camper loses something of significance, let our office know and we will do our best to locate it.

The Best Name Tape Company provides affordable sew-on and iron-on name labels for clothing and apparel. For more information, visit www.bestnametape.com.

Personal Belongings. Please help your camper pack appropriately for camp, and discourage him/her from bringing expensive electronics or valuables. **Each camper is responsible for his/her belongings.** We cannot accept responsibility for damage to, or theft of, personal property while at camp. The following items may not be brought to camp: glass containers, aerosols, target sport equipment, PSP's, Gameboys, or similar handheld games, radios, knives or Leathermans, fireworks, gum, TV's, computers, lighters, or **cellular phones**. If these items are found, they will be confiscated and parents will be notified.

Medications. If you have medications (as specified on the Medication Administration Release Form) which you would like administered to your camper during the day, please label a paper bag clearly with your camper's name and submit that to the camp staff on the bus.



Camp Hi-Rock: While Your Camper is at Camp

Highlights

- **(Resident Camp)** Writing to your camper can make a world of difference. Please allow approximately 4 days for mail to travel in either direction.
- **(Resident Camp)** **PLEASE DO NOT SEND FOOD TO CAMPERS.** Packages will be opened under staff supervision, and any food that is found will be discarded.
- **(Resident Camp)** Camp Hi-Rock has a new affiliation with Bunk1, which provides one-way email to campers. You will receive more information on Bunk1 later in the spring, and can read more about it now by going to our website, <http://camphirock.org>.
- **(Day Camp)** Newsletters and important Day Camp updates will be sent out periodically, either by mail, or with your camper at the end of the day. If you would like to receive the most recent newsletter/update at any point during the summer, please leave a message for the Day Camp Director at (413) 528-1227 x16.
- **(Day Camp)** Our two older Units, the Bobcats and the Falcons, have the opportunity to take part in "coaching periods" - individual choice programming that will allow your camper to customize parts of his/her daily schedule. Please send in the Coaching Period Request Form at least two weeks before the start of camp.

Camp Information

Resident Camp: Units and Cabins. Campers will generally be placed in cabins according to age and grade. Campers should not come to camp expecting to be in a particular unit since the makeup of each unit changes from year to year, and from session to session, based on total camp enrollment. The unit names are:

	GIRLS	BOYS
YOUNGEST	Woodlands	Abnaki
MIDDLE	Wigwam	Frontier
OLDEST	Algonquin	Mohawk

- All of our cabins are wooden, and have bunk beds and electricity.
- Unit cabins cluster around a shower house that contains the sinks, toilets, and showers. The Mohawk unit is made up of three-sided Adirondack shelters with electricity.

Resident Camp: Cabin Assignments. When assigning campers to cabins, the camp administration does their best to honor cabin bunk mate requests. However, we are unable to guarantee that we will meet requests. Bunk mate requests are limited to one in order to promote camaraderie. Requests should be indicated on your camper's registration form before submission. Any changes should be submitted to the camp office at least two weeks before the camper's arrival.

Resident Camp: Laundry. Laundry service is only available for campers staying for more than 2 weeks. Pick-up times will be announced in advance. Laundry will be sent to a local laundry service, washed, dried, and folded. Parents will be charged approximately \$1.25 per pound of laundry, and will be notified after we receive the final invoice. It is the camper's responsibility to organize his/her laundry. Please provide campers with a large, durable laundry bag that is **clearly labeled** with your camper's name. If no bag is provided, we will purchase an inexpensive bag on your camper's behalf. Your camper's name may be written on the bag for identification.

Day Camp: Units and Age Groups. Campers will generally be placed into Units according to age and grade. These age groupings are meant to provide a more developmentally appropriate experience throughout your camper's time at Hi-Rock. Campers should not come to camp expecting to be in a particular unit since the makeup of each unit changes from year to year, and from session to session, based on total camp enrollment. The unit names are:

	UNIT NAME
Youngest	Chipmunks
Middle	Bobcats
Oldest	Falcons

- All of our Day Camp Units are coeducational.
- Campers in our two older Units, the Bobcats and the Falcons, will have the opportunity to interact with similarly-aged overnight campers at various points in the camp schedule.

Swimming Policy. Each camper is given a swim test upon arrival at camp to assess his/her swim level. All campers will be enrolled in swim classes except those who reach our advanced (green) swim level, or those whose parents provide written authorization excusing them from lessons or from all water activities. YMCA Camp Hi-Rock offers a progressive swim instruction program. This program accommodates everyone from the non-swimmer to the very competent swimmer. Our goal is to motivate swimmers at all levels of ability to improve their skills and become more comfortable in the water. Advanced swim and competitive swim classes for green-level swimmers are offered, but are optional. Swim level requirements are listed below (*one length = 17 yards*):

Green	2 lengths front crawl, 2 back stroke, 2 breast stroke, 6 minutes treading water
Blue	2 lengths front crawl, 2 back stroke, 3 minutes treading water
Red	2 lengths of choice and 30 seconds treading water
Yellow	Non-swimmer or novice swimmer

- Swimming in a lake is different from swimming in a pool. It is not uncommon for campers to test differently than expected because of this. Please do not set your camper's expectations before he/she comes to camp.
- You may sign a waiver during check-in if you would prefer your camper not be required to take swim classes, regardless of his/her swim proficiency.
- Most aquatic activities require campers to test at a certain swim level.

Camp Store. Campers and adults are welcome to visit our camp store while on camp to buy stamps, postcards, souvenirs, clothing and apparel, limited amounts of snacks, and other supplies. Campers should draw on funds deposited towards store accounts during the registration process. We have found that about \$40 is sufficient for a two-week period. If you have not already done so and would like to set up an account for your camper, please contact our office.

During camp, campers may visit the store once per day, but are only restricted in their food purchases. Please counsel your camper on proper spending habits. Additionally, store funds can only be applied towards purchases in the store, and cannot be used to fund laundry fees, field trip fees, or other incidental expenditures. Parents will be billed and notified separately for these expenses.

At the conclusion of summer camp, leftover store amounts can be processed in three ways. Please visit our store while you are here to indicate your preference:

1. Remaining funds can be **donated**. Donations can go either to our Strong Kids Campaign which provides financial assistance to campers and a general subsidy to all of our youth camp programs, or to our Hi-Rock Forever Fund to improve camp facilities and equipment.
2. Funds can be left in your online account as a **system credit**. This is the simplest method. The credit can be applied towards any future Central Connecticut Coast YMCA fees including but not limited to Hi-Rock fees.
3. Leftover amounts can be **refunded**. If you paid via check or cash, the refund must go through our Corporate office and can take up to **90 days**, regardless of amount.

Store funds which are left unprocessed will be automatically applied as a system credit to your account for balances under \$15. For balances above \$15, families will be contacted.



Camp Schedule

Daily Schedule. The following schedule represents a typical day at camp from Monday through Friday:

Resident Camp Schedule

7:15 Wake-up Call
7:30 Flag Raising
7:45 Breakfast
8:15 Kapers (Cabin/Unit clean-up)
9:00 First Coaching Period
10:00 Second Coaching Period
11:00 Cabin/Unit Activities
12:00 Lunch
1:00 Siesta
2:00 Third Coaching Period
3:00 Fourth Coaching Period
4:10 General Swim and free time
5:00 Staff Swim and Unit time
5:50 Flag Lowering
6:00 Dinner
7:15 Evening Program
9:00 Lower Unit Devotions
9:30 Lower Unit Lights Out
Middle Unit Devotions
10:00 Middle Unit Lights Out
Upper Unit Devotions
10:30 Upper Unit Lights Out

Day Camp Schedule

9:00 Campers Arrive
9:15 Attendance
Session Theme Activities
Falcons: Coaching Period (T-F)
10:00 Chipmunks: Morning Activity
Bobcats/Falcons:
Coaching Period
11:00 Unit Activities
11:30 Lunch
12:15 Instructional Swim
1:15 Free Swim
Waterfront Time
2:00 Chipmunks: Afternoon Activity
Bobcats/Falcons:
Coaching Period
3:00 Field and Spirit Games
Snack Time
3:25 Reflections
Camp Store Visit
3:50 Campers Depart



Resident Camp Notes:

- Every Wednesday dinner is a Unit cookout held in the unit.
- On weekends, the schedule is set by our Weekend Program staff. Different themed activities will take the place of the Coaching Periods, and a segment is devoted to Reflections, an all-camp, non-denominational get-together to consider some of the character values embraced by the YMCA: Caring, Honesty, Respect, and Responsibility.
- Our Evening Programs include activities such as campfires, scavenger hunts, costume contests, Capture the Flag, mini-Olympics, talent shows, "Clue" night, camp socials/dances, and our special Key Log and Candlelight ceremonies, which occur at the end of each 2-week session.

Day Camp Notes:

- Each two-week session will have its own theme, which will be selected and planned during Staff Training, and will take into account programming needs and staff skills. Previous themes have involved emphases on "green" themes, science and discovery, arts and crafts expositions, and character values.
- Morning and afternoon activities will vary throughout the summer, and will depend on program availability and camper interest.
- Please prepare your campers to expect a full day of busy activity!
- Once every two weeks, the schedule will be modified to accommodate the Parent's Night and Overnight experience. On these evenings, parents will get to see how that week's theme has been a part of their campers' Day Camp experience, and campers 8 years old and older will get to experience part of what sleep-away camp is like.



Camp Programs

Resident Camp: Coaching Periods. On Sundays, counselors and staff will review coaching periods to be offered that coming week, and campers will sign up for the four coaching periods they wish to take. We will do our best to help campers get at least two of their most desired coaching periods each two-week session. Some classes have age and swim level requirements. The coaching periods offered each week vary, depending on our staff's specialties and on camper interest. Not all coaching periods are offered every session. Below is a list of typically offered activities.

Day Camp: Coaching Periods. Older day campers will join our overnight campers in daily, one-hour "Coaching Periods," in which they will take part each week. Campers in the Bobcat Unit participate in one coaching period each morning, while campers in the Falcon Unit participate in two morning coaching periods and one in the afternoon. In order to help us accommodate your camper's interests, please fill out a Coaching Period Request Form and submit it to the office well in advance of your camper's arrival. Campers who do not submit a Coaching Period Request Form will be given the opportunity to sign up for coaching periods on their first day at camp.

We will do our best to help campers get at least one of their most desired coaching periods every session. However, please understand that the availability of coaching periods will vary throughout the summer, based on our staff's specialties, scheduling, and overall camper interest. Please encourage your camper to approach new activities with a positive attitude. The following is a list of typical activities that are offered:

A Cappella	Dance	Kayaking	Soccer
Advanced Swimming	Digital Photography	Low Ropes Course	Softball
Air Riflery	Drama	Martial Arts	Swimming
Archery	Fishing	Outdoor Living Skills	Tennis
Arts & Crafts	Fitness	Rock Climbing	Volleyball
Basketball	Flag Football	Rocketry	Wake Boarding
Canoeing	Frisbee Games	Row Boating	Water Skiing
Cooking	High Ropes Course	Sailing	Web Journalism
Creative Writing	Hiking	Snorkeling	Windsurfing

- Campers must be blue- or green-level swimmers to participate in wakeboarding, waterskiing, sailing, or kayaking. Campers must be green-level swimmers to participate in advanced swimming, windsurfing, or snorkeling.
- Campers must be 12 years old to participate in the high ropes course.
- There is an additional fee for waterskiing or wakeboarding (sign up in advance).
- If there is an activity in which you or your camper is extremely interested (whether or not it is listed above), please feel free to notify our staff in advance to see if special accommodations can be arranged.
- With the exception of the waterfront, close-toed shoes or sneakers are required at all times. Flip-flops may only be worn in the cabin, shower house, and on the waterfront.

Rainy Day Program. During brief periods of light rain, camp still runs normally, and rain offers a chance for creativity and fun. In the case of heavy rain, thunder, or lightning, the daily schedule will be modified accordingly. Waterfront activities are cancelled under any potentially unsafe weather conditions. Campers will participate in alternate indoor programs that include a variety of fun games and activities. Please make sure your camper comes to camp equipped with appropriate rain gear.

Overnights. Each camper will go on an overnight campout once during a two-week session, provided the weather cooperates. Overnights are available to resident campers and day campers who are at least 8 years old. All overnights take place at various sites on or adjacent to camp property. The staff and campers cook their dinner, take part in some evening camp activities (campfire songs and skits, s'mores, etc), sleep under the stars, and return in time for breakfast. Campers will need an appropriate sleeping bag for their overnight. **(Resident Camp):** Overnights are rescheduled, if possible, if the weather does not cooperate.

Waterskiing/Wakeboarding. Waterskiing and wakeboarding are available at an additional charge as outlined on the registration form. Advance payment is needed to reserve a place in the water ski program for your camper, who must be a blue- or green-level swimmer to participate. We will do our best to make sure your camper receives the full number of sessions. In the case of uncooperative weather or other qualifying circumstances, prorated refunds will be issued.

Correspondence

Resident Camp: Mail. Mail is extremely important to campers. Writing to your camper can make a world of difference. When writing mail, please keep your letters cheerful, and avoid mentioning how much your camper is missed at home. You can send personal correspondence to:

<Camper's Name> - <Unit>
YMCA Camp Hi-Rock
162 East Street
Mount Washington, MA 01258

- Please allow approximately four days for mail to travel in either direction. Even express mail takes up to three days to arrive, so please plan accordingly. If you send any correspondence via overnight or other priority mail services, please indicate a waiver of the signature requirement to expedite delivery. Failing to do so can increase delivery time by up to two days.
- Your camper will be encouraged, but not required, to write home. Please do not expect too many letters, as camp is a very busy place. Why not pre-stamp and address envelopes or postcards for your camper to mail? Stamped mail can be dropped off at our camp store or our camp office. Stamps, postcards, and envelopes are available at our camp store.
- You will learn the name of your camper's unit during check-in. If you do not know your camper's unit name, please contact our office or leave it blank, as incorrect unit names will increase the chance of mail being misplaced.

Resident Camp: Food. PLEASE DO NOT SEND FOOD CARE PACKAGES TO CAMPERS! Having food in the cabins attracts raccoons, mice, chipmunks and other animals into your camper's living area. Please respect camp policy and do not send packages of food to your camper. Camp Hi-Rock will inspect packages for campers' safety. Any food sent to camp will be donated to local community centers or discarded.

Resident Camp: Telephone Policy. Campers may not make or receive phone calls. If you would like to hear how your camper is doing, you may call our office and request that your camper's Unit Director call you back. In special circumstances, arrangements can be made for you to talk to your camper's counselor or to the Camp Advisor, whose duties are to help campers and staff with any problems or issues. Please make sure your camper understands that he/she will not be allowed to call home. Saying otherwise causes distress and contradicts camp policy. *Campers may not bring cellular phones to camp.*

Resident Camp: One-Way Email. YMCA Camp Hi-Rock has a new relationship with Bunk1, who will provide email services for our Hi-Rock parents. Through Bunk1, parents can send one-way email to their campers quickly and easily. Emails will be distributed in the same fashion as regular mail. All emails sent before 9am each day will be processed and distributed that afternoon. For more information, please contact our camp office. Detailed information on Bunk1 will be sent out in the spring; you can learn more by visiting either our website (<http://camphirock.org>) or theirs (www.bunk1.com).

Resident Camp: Visits. Although there is no official visiting day, parents of campers staying for more than 2 weeks are welcome to visit their camper on the Saturday between two-week sessions; please refer to registration material for these "changeover" dates. When you arrive, check in at the office. If you will be taking your camper off camp, it is necessary to sign him/her out to facilitate an accurate count of all campers on camp. For this same reason, we ask you to sign your camper in when you return. You must have proper identification and be authorized on a camper's registration form to take that camper off camp. On these changeover Saturdays, parents may take campers off camp for the day or for an overnight visit, returning by 3pm on Sunday.

Day Camp: Parent's Night. Every two-week session will culminate in a Parent's Night on the second Thursday of each session. During this time, parents are welcome to visit camp and to see their campers in the midst of the camp experience. Our camp store will also be open at this time, if parents wish to make cash purchases of clothing and apparel, food and drinks, or souvenirs. At the close of Parent's Night, campers who are 8 years or older will have the opportunity to remain on camp for an Overnight.

Day Camp: Newsletters. The Day Camp staff will produce a newsletter for parents several times each week. These newsletters will highlight planned events, such as our Parent's Nights or overnights, announce weekly themes, review highlights of the previous week, and introduce some of the staff members. A copy of the newsletter will be sent home with campers each day that they are produced. If you do not receive a copy of the newsletter, or would like to be sent additional copies, please contact the Day Camp Director by calling (413) 528-1227 x16 during the summer.

Day Camp: Important Updates. The camp office will do its best to stay in frequent communication with Day Camp parents regarding any changes to the program, its policies, or procedures. Because we will be constantly making changes to meet your needs and interests, please carefully read any updates we send you, either through your camper or separately through the mail. You are always welcome to contact our office and leave a message for the summer Day Camp Director, who will be happy to call you back and speak with you within 24 hours.

Day Camp: Meals and Snacks

Lunch. Your campers are automatically enrolled in our meal plan unless otherwise indicated on the registration form, or by contacting the office by June 1. Our meal plan includes 5 fresh lunches each week, provided by our camp chefs and kitchen staff. Please contact our office before the start of the session with any questions. If you opt out of the meal plan, you must pack a lunch for your campers, but please be aware that refrigeration is generally not available for bag lunches. YMCA Camp Hi-Rock is a nut-free facility; please do not send any food containing either peanuts or tree nuts to avoid endangering the health of campers with nut allergies. If you have questions about the food service program at Camp Hi-Rock, or would like to hear from our food service coordinator, feel free to call us at (413) 528-1227.

Snacks. Campers will receive a light snack in the afternoon before leaving camp. As part of Activate America™, YMCA Camp Hi-Rock is committed to promoting healthy living and nutrition. For more information on Activate America™, please visit: <http://www.ymca.net/activateamerica>.

Camp Birthdays. You are welcome to send in cupcakes or other food for your camper to share with other day campers during snack time. YMCA Camp Hi-Rock is completely nut-free; to avoid endangering children with highly sensitive nut allergies, do not send food items containing peanuts or any other type of nuts.



Having Trouble at Camp?

Following the Camper Code. At YMCA Camp Hi-Rock, we want all members of our community to develop the character values of caring, honesty, respect, and responsibility. We aim to provide a sense of fellowship, an atmosphere of freedom, a sense of enjoyment, and a respect for others. To this end, we have developed a set of behavioral standards for campers to follow called the "Camper Code of Conduct." This document will be sent to families later in the spring and is available online. It is critical that parents read through this document **with their campers**, and that everyone understands the nature of these standards before coming to camp.

Please contact our office if you have any questions or concerns regarding our expectations of camper conduct. Violations of the Camper Code of Conduct are grounds for removal from camp, without refund, at the discretion of the Executive Director or the Camp Director. Staff members must sign and abide by a similar code of conduct while at camp.

Homesickness. Often, homesickness lasts only until the camper becomes adjusted to the camp schedule. Our staff members are trained to aid campers in becoming adjusted as quickly as possible. However, if you suspect your camper may experience some homesickness, you can help his or her transition by saying goodbye promptly during the first day of camp. Please refrain from making a fuss or from suggesting that your camper might become homesick while in his or her presence.

Please do not call camp expecting to talk with your camper. If you wish to hear how your camper is doing, you may contact our office and ask to hear back from your camper's Unit Director. In both our experience and that of other camp professionals, homesickness is aggravated, rather than reduced, by calls from home. It is for this reason campers are not permitted to receive phone calls.

Resident Camp: Bed Wetting. If your camper is prone to wetting the bed, please notify us in advance. Our staff can work discreetly with mild cases and cooperative parents and campers to help provide a normal camping experience. For more information, please contact our camp office.

Incidents Requiring Pickup from Camp. The Camp Hi-Rock staff will make every attempt to create a positive experience for your camper. However, in the event that the Camp Director determines that a camper may not remain at camp, parents must have a firm plan prepared to arrange for their camper's pickup by someone authorized in advance on the registration form or through subsequent correspondence. The parents, emergency contact, and/or other authorized pickups must be available to pick up their camper if deemed necessary by the camp staff.



Camp Hi-Rock: After Camp

Highlights

- Initiate a dialogue with your camper to find out more about his/her time at camp. This section includes some sample questions to start this important conversation.
- Don't forget to complete our online parent survey, available through Zoomerang™. The link to the survey will be available on your check-out packet, and will also be emailed to you at the conclusion of each two-week session.
- Does your camper want to stay an additional week? Contact our office to extend and add to your camper's experience by calling (413) 528-1227.
- Camp Hi-Rock offers many family activities and a year-round retreats program in addition to summer camp! Our week-long Family Camp starts immediately after summer camp in August, and our Fall Family Fun weekend will be in mid-October. Please see our website for more information: <http://camphirock.org/groups.html>

"So, How Was Camp?"

Open-Ended Questions. Asking your camper the right questions can promote a greater understanding of his/her camp experience. Sample questions are distributed with our check-out packets. The following are examples of some open-ended questions:

- (Staff Questions) Who were your counselors, and where were they from? Tell me more about them. Were there any other awesome staff members?
- (Friendship Questions) Can you tell me about the other kids in your cabin? Who did you become friends with?
- (Friendship Questions) Can you tell me about a time when you helped someone out at camp?
- (Activity Questions) Can you tell me about your coaching periods (and what exactly is a coaching period?)
- (Activity Questions): Can you tell me about your favorite evening/weekend program? What were some of the activities you participated in?

Parent Surveys. At the conclusion of each two-week session, the camp office will email parents with a link to our online parent survey, provided by Zoomerang™. We use your valuable feedback to help us make important decisions about managing camp each summer. The Zoomerang™ survey service tabulates our results immediately, allowing us to respond to comments on an ongoing basis throughout the summer as parents respond. The link to the online survey will also be included in the check-out packets distributed on the last day of each two-week session.

Having a Great Time?

Adding Sessions. If your camper is interested in attending camp for another week or session, we would be delighted to accommodate you! Please call our office to see if there is space in our program and to arrange registration details (bus transportation, meals, programming, etc) and payment information. If possible, please contact us by the Wednesday prior to the relevant week that you would like your camper to attend.

Strong Kids Campaign. Every summer, hundreds of children experience the magic of Camp Hi-Rock. Many of the children who experience that magic each summer would not be able to do so without generous support from donors who contribute to our Strong Kids Campaign. Gifts to the Campaign make it possible for children who could not otherwise afford to participate to be a part of the Hi-Rock community. Camp Hi-Rock is a special place at the top of a mountain where children build positive memories that will sustain them for a lifetime, and where they have experiences that will leave an indelible mark on their character.

Please consider making a tax-deductible contribution to this tradition of community. All of the funds raised through this campaign will go directly toward financial assistance for campers and overall improvement of our youth camp programs. We follow an Open Door Policy and believe that no child should be turned away from a camp experience due to an inability to pay.

Thank you for helping us ensure that no child is denied the opportunity to have a life-changing experience at YMCA Camp Hi-Rock.

Hi-Rock Forever. Another option to support Camp Hi-Rock is to donate to our new Hi-Rock Forever Fund. Amounts donated to this fund will be set aside specifically to improve and maintain facilities and to replace and improve all camp equipment. Please contact our office if you have questions regarding the application of donated funds.

Keep in Touch!

We hope that you and your camper have had a great time staying at, or working with, YMCA Camp Hi-Rock this summer. Please continue to stay in touch and let us know how you are doing throughout the year. Feel free to call, write, or email to keep us current with happenings in our extended community.

As we publish new information about camp, we would love to keep you informed. If at any point your contact information changes, please email us at info@camphirock.org or call (413) 528-1227 so we can update your listing.

If you enjoyed your camping experience, or would like to introduce someone to camp in a family or group setting, please contact our Group Camping Director, at retreats@camphirock.org, or by phone at (413) 528-1227 x13. Our family and group activities include, but are not limited to: Family Camp; Fall Family Fun Weekend; Ice Tee Open; Women's Wellness Weekend; and various Volunteer Work Weekends.

Camp Hi-Rock:

Appendix

Parent/Guardian Checklist

Before Receipt of Communication Packet:

- Registration form and deposit sent in, communication packet received
- (Anyone who picks up your camper must be authorized on the registration form; please contact our office if you need to add this information)

Upon Receipt of Communication Packet:

- Packet reviewed for completeness (see your Confirmation Letter) _____
- Account checked for accuracy; office contacted in case of inaccuracies _____
- (Please make sure your camper has a physical examination within 24 months of their arrival at camp)

No Later than May 1 (June 1 for Day Camp):

- All camp balances paid in full: camp session fees, membership, changeover, transportation, waterskiing, camp store, meals (**Day Camp**) _____
- Any official changes or requests submitted, in writing, to camp office _____

June 1, or at Least Two Weeks before Camper's Arrival:

- All medical forms and insurance cards completed, signed, and submitted _____
- Copies of all medical forms made and saved _____
- Camper Personal History Form submitted _____
- (**Day Camp**) Coaching Period Request Form submitted _____

No Later than June 1:

- Camp Correspondence received: account update and medical form status, Camper Code of Conduct, Camp Hi-Rock news update, Bunk1 flyer and information (**Resident Camp**) _____

By Time of Camper's Arrival:

- "Camper Code of Conduct" read and discussed with camper _____
- Copies of medical forms brought to camp _____

Camper Checklist

Before You Come to Camp:

- Have you packed carefully:
 - **(Resident Camp)** The items on our "Strongly Recommended" packing list? _____
 - Clothes for all types of weather? _____
 - Do you know where your bathing suit is, for your swim test? _____
 - All your Hi-Rock clothes? _____
 - Anything else? _____

- Have you clearly labeled your important belongings? _____

- Have you read through the Camper Code of Conduct with your parents? _____

- **(Resident Camp)** Do you have addresses, to write to your friends and family? _____

- Have you thought about what coaching periods you want to try? _____

- Are you excited to make new friends, and to see old ones? _____



Resident Camp:
Bus Pick-up/Drop-off Locations and Times

Session Dates:	Bus Pick-Up Date:	Bus Drop-Off Date:
Session 1 (6/27-7/10)	Sunday 6/27	Sunday 7/11*
Session 2 (7/11-7/24)	Sunday 7/11	Sunday 7/25*
Session 3 (7/25-8/7)	Sunday 7/25	Sunday 8/8*
Session 4 (8/8-8/21)	Sunday 8/8	Saturday 8/21

** Campers taking the bus home after sessions 1-3 will leave on a Sunday, even though sessions end on Saturday.**

<u>Area:</u>	<u>Pick-up/Drop-off Location and Address</u>	<u>Time:</u>
Fairfield:	Fairfield YMCA 841 Old Post Road Fairfield, CT 06824 (203) 255-2834	10:00 AM
Bridgeport:	Bridgeport YMCA 850 Park Avenue Bridgeport, CT 06604 (203) 334-5551	10:30 AM
Greater Boston Area:	Oak Square YMCA 615 Washington Street Brighton, MA 02135 (617) 782-3535	10:30 AM
Manhattan:	92 nd Street Y 1395 Lexington Avenue New York, NY 10128 (212) 996-1100	10:30 AM
White Plains:	White Plains Family YMCA 250 Mamaroneck Avenue White Plains, NY 10605 (914) 949-8030	10:30 AM

*****COPIES OF THE MEDICAL FORMS MUST BE BROUGHT WITH YOU IN ORDER TO BOARD THE BUS!*****

Day Camp:
Bus Pick-up/Drop-off Locations and Times
 (subject to change)

<u>Town:</u>	<u>Location</u>	<u>AM Pick-Up Time</u>	<u>PM Drop-Off Time</u>
Route 1:			
Austerlitz	Fire Department	8:05 AM	4:45 PM
Hillsdale	Taconic Lawn & Garden	8:20 AM	4:30 PM
Mount Washington	Church	8:50 AM	4:10 PM
Route 2:			
Stockbridge	Lot behind Red Lion Inn (skate park)	8:00 AM	4:55 PM
Great Barrington	Kmart/Price Chopper	8:15 AM	4:40 PM
Great Barrington	Big Y	8:25 AM	4:30 PM
Route 3:			
Salisbury	White Hart Inn	8:00 AM	4:50 PM
Sheffield	Post Office	8:20 AM	4:30 PM
South Egremont	Fire Department	8:40 AM	4:20 PM

- If you would like your camper to use bus transportation, please indicate this on your registration form, or submit written authorization to our camp office at least one week in advance.
- This schedule is subject to change. Parents will be notified via phone, mail, or updates sent home with campers.
- Locations may be added if there is sufficient interest; please contact our office at (413) 528-1227 to express interest in additional locations.



Directions to YMCA Camp Hi-Rock

(note: These directions may differ from online websites because they follow the clearest and best-marked routes)

From Fairfield County and Points South: Drive north on Rt. 8 until the expressway ends. Turn right on Rt. 44, west through Winsted to Canaan. Take Rt. 7 North to Sheffield, MA. Proceed through the town of Sheffield. About 200 yards past the sign for "The Bridge" Restaurant, take a diagonal left onto Egremont Road, to the town of South Egremont. At the town center, take a left onto Rt. 23. Proceed through the town of South Egremont and turn left at the yellow flashing light onto Rt. 41, just past the U.S. Post Office on the right. Then follow directions posted below.

From Hartford and Points Southeast: Go west on Rt. 44 from Hartford to Canaan. Take Rt. 7 North to Sheffield, MA. Proceed through the town of Sheffield. About 200 yards past the sign for "The Bridge" Restaurant, take a diagonal left on to Egremont Road to the town of South Egremont. At the town center, take a left onto Rt. 23. Proceed through the town of South Egremont and turn left at the yellow flashing light onto Rt. 41, just past the U.S. Post Office on the right. Then follow directions posted below.

From New York City and Points Northwest and Southwest: Take I-684 North to Brewster, NY, where I-684 turns into Rt. 22. Continue on Rt. 22 to Hillsdale. In Hillsdale, go east on Rt. 23 to South Egremont, MA. Turn right on Rt. 41 at the flashing yellow light (if you reach the U.S. Post Office, you have missed the turn). Then follow directions posted below.

From Boston and points Northeast: Take the Mass. Pike (I-90) to exit 2 for Lee, MA. Proceed on Rt. 102 to Stockbridge and Rt. 7 South. Stay on Rt. 7 South through the town of Great Barrington. As you exit Great Barrington, stay in the right lane. Turn right onto Rt. 23 (at traffic light) and continue about 5 miles to South Egremont. At the town center, bear left on Rt. 23. Proceed through the town of South Egremont and turn left at the yellow flashing light onto Rt. 41, just past the U.S. Post Office on the right. Then follow directions posted below.

To get to Camp from the town of South Egremont: At the town center, drive west on Rt. 23. Proceed through the town of South Egremont and turn left at the yellow flashing light onto Rt. 41, just past the U.S. Post Office on the right. Take an immediate right onto Mt. Washington Road and continue up the mountain for approximately 9.5 miles. The YMCA Camp Hi-Rock driveway is on the left hand side of the road, opposite the Mt. Washington State Park, and is clearly marked. The camp driveway is a dirt road and is about 2 miles long.

Remember, this is a camp; PLEASE DRIVE SLOWLY!