



**YMCA  
Camp Elphinstone**

**Off to Camp Guide:  
Desolation Sound and  
Sunshine Coast Trail**

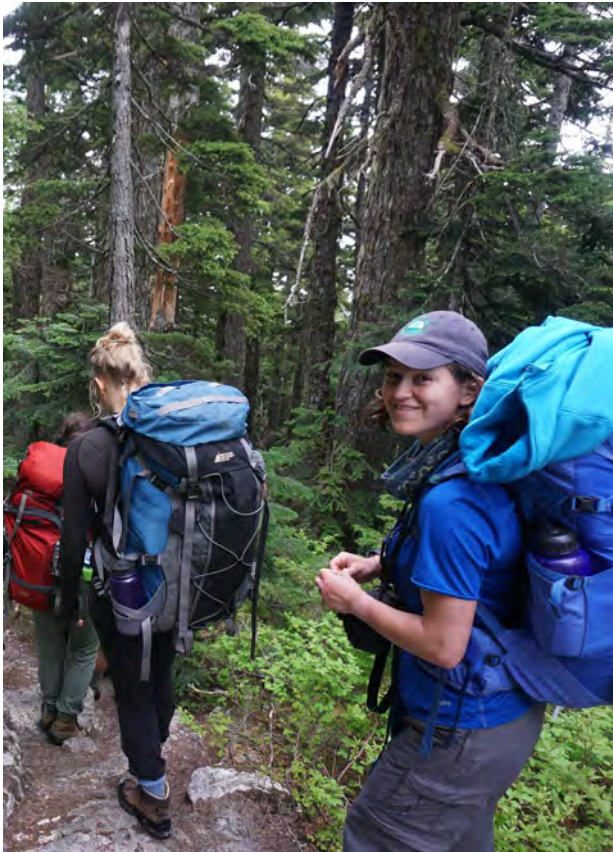


**Keep Our Promises | Put People First | Lead by Example | Do the Right Thing**



## **Our Mission:**

**The YMCA of Greater Vancouver is a charity dedicated to strengthening the foundations of community.**





## Welcome to YMCA Camp Elphinstone!

Dear Desolation Sound & Sunshine Coast Trail Campers and Families,

Thanks for choosing the YMCA for your camp experience—we're looking forward to a great summer! Whether it's your first time at camp or you're a returning camper, this guide is full of important information you will need to know to prepare for camp and your extended canoe or hiking trip.

Talking to your child about their upcoming adventure is an important step in ensuring a positive experience for everyone. Being at camp and on trip is very different than being at home. We sleep in tents, paddle or hike long hours, work as a team to set up and take down campsites, and are outside most of the day! This type of lifestyle means that we work together to ensure that everyone's camp experience is positive. We expect all campers and staff to treat each other with respect and help others enjoy their time away from home.

We hope to answer many of your questions in this guide, but should you have any further questions about your upcoming camp experience, please contact us. Early communication allows us to address concerns before your child arrives at camp, ensuring an easy transition on the first day. Camp may look and feel different this summer compared to previous ones, as we may make adjustments to meet provincial health orders in order to give you a safe and fun camp experience. We will communicate with your family prior to the start of camp with updates on what to look forward to and expect.

We can't wait to see you this summer!

Sincerely,

A handwritten signature in cursive script, reading 'Lenea'.

Lenea Grace  
Director, YMCA Camp Elphinstone

A handwritten signature in cursive script, reading 'Davin Allan'.

Davin Allan  
Manager, Summer Camp & Outdoor Education

### YMCA Camp Elphinstone Registration Office

1760 YMCA Road  
Gibsons, B.C. V0N 1V6  
T: 604.939.9622  
F: 604.886.2363  
E: [camps@gv.ymca.ca](mailto:camps@gv.ymca.ca)





## **Expectations at Camp**

### **Respect for Yourself:**

At YMCA Camp Elphinstone, we live by basic principles of respect. Every person at camp has the responsibility to know their own limits and take care of themselves physically and emotionally. Camp is often a very busy place, much different than being at home or school. We support campers to know when they need to rest and when they need to take some time for themselves. Counsellors make sure that all campers take time for personal hygiene, are given the opportunity for quiet time in our busy environment, and have the opportunity to talk about how they are feeling each day.

### **Respect for Others:**

We also expect that each person at camp has respect for all others living at camp. Our YMCA believes that every participant has the right to a safe environment and equal treatment by all without discrimination. A camp experience is a wonderful opportunity to learn about the incredible things a group can accomplish together while welcoming the differences in individuals. We ask that everyone respects the physical and emotional boundaries of others while living together. We work hard to support all campers and ensure that everyone's experience provides opportunity for fun and learning. While working in a group, challenges may arise and we work through them together in a safe and productive way. In the situation where a camper is unsafe and harming themselves or others, they may be removed from the program. See our Camper Behaviour Policy below.

### **Respect for the Environment:**

At camp we are careful that excess garbage is not left around for wildlife and critters. Respect for the camp environment also includes keeping all of our buildings, trails and equipment in good repair. On out-trips we are guests in the environment and live by a philosophy that we leave each place better than when we arrived. This includes taking only pictures, low impact camping and being proactive about our impact on the earth. Campers and staff are expected to take initiative in sustaining the beauty of our camp for future guests to our site and to provide a safe and healthy environment for everyone.



**Camp Behaviour Policy:**

At YMCA Camp Elphinstone our staff are trained and experienced in providing high quality care for our campers, ensuring the needs of each individual are met. We expect that all staff, volunteers, campers and parents/guardians are focused on supporting Elphinstone to be a safe environment for everyone, both emotionally and physically.

**Camper Dismissal:**

If a situation arises where a camper threatens the safety of another camper or if a camper shows a complete disregard for camp rules, that individual may be dismissed at the discretion of the Camp Director/Manager. The camper's family is responsible for any costs associated with that individual's dismissal and no refund will be given if the dismissal is due to behavioural reasons or concerns. It is the parent/guardians' responsibility to pick the child up or arrange for pick up upon the dismissal.

**Possession of Illicit Substances:**

Smoking, vaping or vaping devices, the consumption or possession of alcohol and/or non-prescription drugs are not permitted on YMCA property. Any camper who disregards this policy will be automatically removed regardless of circumstance or degree of participation.







## 2 Week Desolation Sound Trip Details

**Length:** 9 days, 90 km

**Location:** Desolation Sound Marine Provincial Park, Roscoe Bay Marine Park, Copeland Islands Marine Park

**Description:** The trip takes campers on long days of paddling around islands and through the inlets and coves of Desolation Sound. Each day the group will paddle to a different backcountry campsite for the night. Below is a sample schedule of where the campers will be kayaking and camping:

### Day Route/Campsite

- 1 Paddle from Okeover Arm Provincial Park access point to Grace Harbour campsite
- 2 Paddle in and out of Lancelot Inlet. Return to Grace Harbour campsite
- 3 Paddle from Grace Harbour to Curme Island campsite
- 4 Paddle from Curme Island to Tenedos Bay campsite
- 5 Paddle from Tenedos Bay to Roscoe Bay campsite
- 6 Paddle from Roscoe Bay to Martin Island campsite
- 7 Paddle from Martin Island to Copeland Islands Marine Park campsite
- 8 Paddle to second Copeland Islands Marine Park campsite
- 9 Paddle to Lund Harbour access point

### Basics:

The first few days are spent at camp preparing for the trip, learning the necessary skills and preparing for trip. The focus is on teambuilding, evenly dividing responsibilities, paddling skills, route planning, and general trip preparation. While on trip campers will each have the chance to learn about backcountry living and Leave No Trace.

### Safety:

There will be regular nightly check-ins with camp via cell phone, satellite phone, or SPOT device while the campers are on trip.

For more information on the Desolation Sound area please check out the BC Provincial Park website: [www.env.gov.bc.ca/bcparks/explore/parkpgs/desolation](http://www.env.gov.bc.ca/bcparks/explore/parkpgs/desolation).





## 1 Week Desolation Sound Trip Details

**Length:** 4 days, 54 km

**Location:** Desolation Sound Marine Provincial Park, Malaspina Provincial Park, Copeland Islands Marine Park

**Description:** The trip takes campers on long days of paddling around islands and through the inlets and coves of Desolation Sound. Each day the group will paddle to a different backcountry campsite for the night. Below is a sample schedule of where the campers will be kayaking and camping:

### Day Route/Campsite

- 1 Paddle from Lund Harbour to Copeland Islands Marine Park campsite
- 2 Paddle around the Malaspina Peninsula, cross to Mink Island and camp at Curme Island
- 3 Paddle from Curme Island in and out of Tnedos Bay. Paddle along Gifford Peninsula and camp at Malaspina Provincial Park
- 4 Paddle through Malaspina Inlet and Okeover Inlet and end at Okeover Arm Provincial Park

### Basics:

The first few days are spent at camp preparing for the trip, learning the necessary skills and preparing for trip. The focus is on teambuilding, evenly dividing responsibilities, paddling skills, route planning, and general trip preparation. While on trip campers will each have the chance to learn about backcountry living and Leave No Trace.

### Safety:

There will be regular nightly check-ins with camp via cell phone, satellite phone, or SPOT device while the campers are on trip.

For more information on the Desolation Sound area please check out the BC Provincial Park website: [www.env.gov.bc.ca/bcparks/explore/parkpgs/desolation](http://www.env.gov.bc.ca/bcparks/explore/parkpgs/desolation).

## Desolation Sound Packing List

For your comfort and well-being, please come prepared for the weather. Even during the summer in the wilderness, there are some cold days as well as nights. Layered clothing is a proven method of insulation. A thin layer worn next to the skin (the “wicking” layer) should not retain moisture. A thicker insulating layer traps air for warmth. The outermost layer should protect from wind and rain. Breathable, waterproof rain gear is best.

**Proper rain gear is essential.** Wet, cold campers put themselves and the group at risk.

### Equipment

- 2 20L Dry Bags (Seal Line brand, for example)
- Sleeping bag (warm, as compact as possible, preferably synthetic or down-filled mummy style bag)
- Therm-a-Rest or sleeping pad
- Headlamp or flashlight with extra batteries
- 1L water bottle

### Clothing

- Socks (5-6 pairs, preferably synthetic or wool)
- Underwear (preferably synthetic or wool)
- Long johns or thermals (preferably synthetic or wool)
- Long sleeve T-shirt (preferably synthetic or wool)
- T-shirts (4, preferably synthetic or wool)
- Quick dry shorts
- Insulating sweaters or small jacket (2, preferably synthetic or wool)
- Lightweight pants
- Waterproof rain jacket with hood (windbreakers and ponchos are NOT acceptable)
- Waterproof rain pants
- 2 pairs sturdy close-toed running shoes or light hiking boots (one pair will be your “wet” shoes on out-trip)
- Swimsuit
- 2 towels (1 quick-dry chamois style for trip, 1 beach towel for camp)
- 2 sets of pajamas
- Hat (for sun and rain) and sunglasses
- Bandana

### Toiletries/Other

- Eyeglasses or contacts
- Biodegradable soap & shampoo are preferred
- Toothbrush and toothpaste
- Brush or comb
- Prescription medications
- Insect repellent (non-aerosol)
- Hand sanitizer (small travel-size bottle)
- Sunscreen (minimum SPF 30)
- Menstrual supplies
- Extra plastic garbage bags and Ziploc bags



### Optional Items

- Personal PFD (camp will supply otherwise)
- Small travel camping pillow
- Writing paper, envelopes, stamps
- Journal + pen
- A good book
- Camera (a waterproof case is recommended)

### Face Masks:

Face masks are not required, but if your camper is more comfortable wearing a mask, they are welcome to do so. Please pack enough reusable or disposable masks for an entire session, as there is no laundry service.

***Note: Remember to pack a set of clean clothes, shoes and toiletries that will be left at camp to wear and use after your trip!***







## One Week Sunshine Coast Trail Trip Details

**Length:** 3 nights/4 days, 29 km

**Location:** The Sunshine Coast Trail (SCT) is a 180km trail along the Northern Sunshine Coast of British Columbia. It traverses coastal mountains through some of the last remaining old growth forest in the region and offers incredible views of the Strait of Georgia, inland lakes, and the surrounding Coast Mountains. The 1 week SCT trip is a great introduction to this extensive trail network. It will take campers along a 4 day stretch of the SCT from Saltery Bay to Lois Lake. Below is a sample schedule of where the campers will be hiking and camping:

### Day    Route/Campsite

- 1    Trail begins at the Saltery Bay Ferry Terminal. Hike from Saltery Bay to Fairview Bay camps
- 2    Hike from Fairview Bay to Mount Troubridge campsite
- 3    Hike from Mount Troubridge to Lois Lake campsite
- 4    Hike from Lois Lake campsite to Lois Lake access point

### Basics:

The first day is spent at camp preparing for the trip and learning the necessary skills needed for the trip. The focus is on teambuilding, evenly dividing responsibilities, hiking skills, route planning, and general trip preparation. The next 3-4 days are spent on trip and then the final day is spent at camp before campers head home on the Friday. While on trip campers will each have the chance to learn about backcountry living and Leave No Trace.

### Safety:

There will be regular nightly check-ins with camp via cell phone, satellite phone, or SPOT device while the campers are on trip.

For more information on the Sunshine Coast Trail please check out the SCT's website: [sunshinecoast-trail.com/](http://sunshinecoast-trail.com/).



A person is seen celebrating on top of a tent in a forest setting. The background shows dense evergreen trees and a misty or rainy atmosphere. The scene is split into two panels by a vertical line.

## Sunshine Coast Trail Packing List

For your comfort and well-being, please come prepared for the weather. Even during the summer in the wilderness, there are some cold days as well as nights. Layered clothing is a proven method of insulation. A thin layer worn next to the skin (the “wicking” layer) should not retain moisture. A thicker insulating layer traps air for warmth. The outermost layer should protect from wind and rain. Breathable, waterproof rain gear is best. **Proper rain gear is essential.** Wet, cold campers put themselves and the group at risk.

### Equipment

- Hiking Pack: 50-65L hiking pack
- Sleeping bag (warm, as compact as possible, preferably synthetic or down-filled mummy style bag)
- Therm-a-Rest or sleeping pad
- Headlamp or flashlight with extra batteries
- 1L water bottle

### Clothing

- Socks (5-6 pairs, preferably synthetic or wool)
- Underwear (preferably synthetic or wool)
- Long johns or thermals (preferably synthetic or wool)
- Long sleeve T-shirt (preferably synthetic or wool)
- T-shirts (3, preferably synthetic or wool)
- Quick dry shorts
- Insulating sweaters or small jacket (2, preferably synthetic or wool)
- Lightweight pants
- Rain gear (activities happen rain or shine!)
- 1 pair hiking boots (please wear these in before you come to camp – wear them on day hikes, to school, on long walks – get your feet used to them ahead of time so you run less risk of blisters on the trip!)
- 1 pair running shoes
- Swimsuit
- Pajamas
- 2 towels (1 quick-dry chamois style for trip and 1 beach towel for camp)
- Hat (for sun and rain) and sunglasses
- Toque

### Toiletries/Other

- Eyeglasses or contacts
- Biodegradable soap & shampoo are preferred
- Toothbrush and toothpaste
- Brush or comb
- Prescription medications
- Insect repellent (non-aerosol)
- : S` V eS` [f] Vd\_e\_ S^fcdhWzll Wtaff^Wi
- Sunscreen (minimum SPF 30)
- Menstrual supplies
- Extra plastic garbage bags and Ziploc bags

### Optional Items

- Small travel camping pillow
- Writing paper, envelopes, stamps
- Journal + pen
- A good book
- Camera (a waterproof case is recommended)

### Face Masks:

Face masks are not required, but if your camper is more comfortable wearing a mask, they are welcome to do so. Please pack enough reusable or disposable masks for an entire session, as there is no laundry service.

***Note: Remember to pack a set of clean clothes, shoes and toiletries that will be left at camp to wear and use after your trip!***

### **What Not to Bring:**

At YMCA Camp Elphinstone, we believe that a camp experience should be a return to the basics, where campers can develop a sense of harmony with nature, themselves and others. If any of these items are brought to camp they will be collected by camp staff and returned to the parent/guardian at the end of the camp session. Please ensure the items listed below are not brought to camp:

- Cell phones
- Electronic toys or devices (e.g. Nintendo DS)
- Personal media players (e.g iPod, iPad)
- Radios, stereos, portable speakers
- Food, candy, and gum
- Curling irons and hair dryers
- Matches
- Knives
- Fireworks
- Toy guns or water pistols
- Expensive watches, jewellery, or any other valuables





**Heat Room** *(please read the following information carefully):*

Due to the widespread issue of bed bugs in the Lower Mainland, all bags and personal belongings arriving at YMCA Camp Elphinstone must pass through a heat treatment process, which eliminates the concern of bed bugs spreading to our facilities or to your home. Our specially constructed heat treatment room heats bags to 125 degrees Fahrenheit (about the temperature of a clothes dryer) which ensures that any bed bugs and/or eggs that may be contained within participants' belongings are killed prior to moving into cabins.

Although the heat treatment is safe for most items, a few items should not pass through the heat treatment room as it may cause damage. The following items should not be heated: plastics (such as toiletries and cosmetics), medicines, aerosols, cameras, photographs, candles/wax, food (including pop cans), rubber boots and any electronics (which should be left at home).

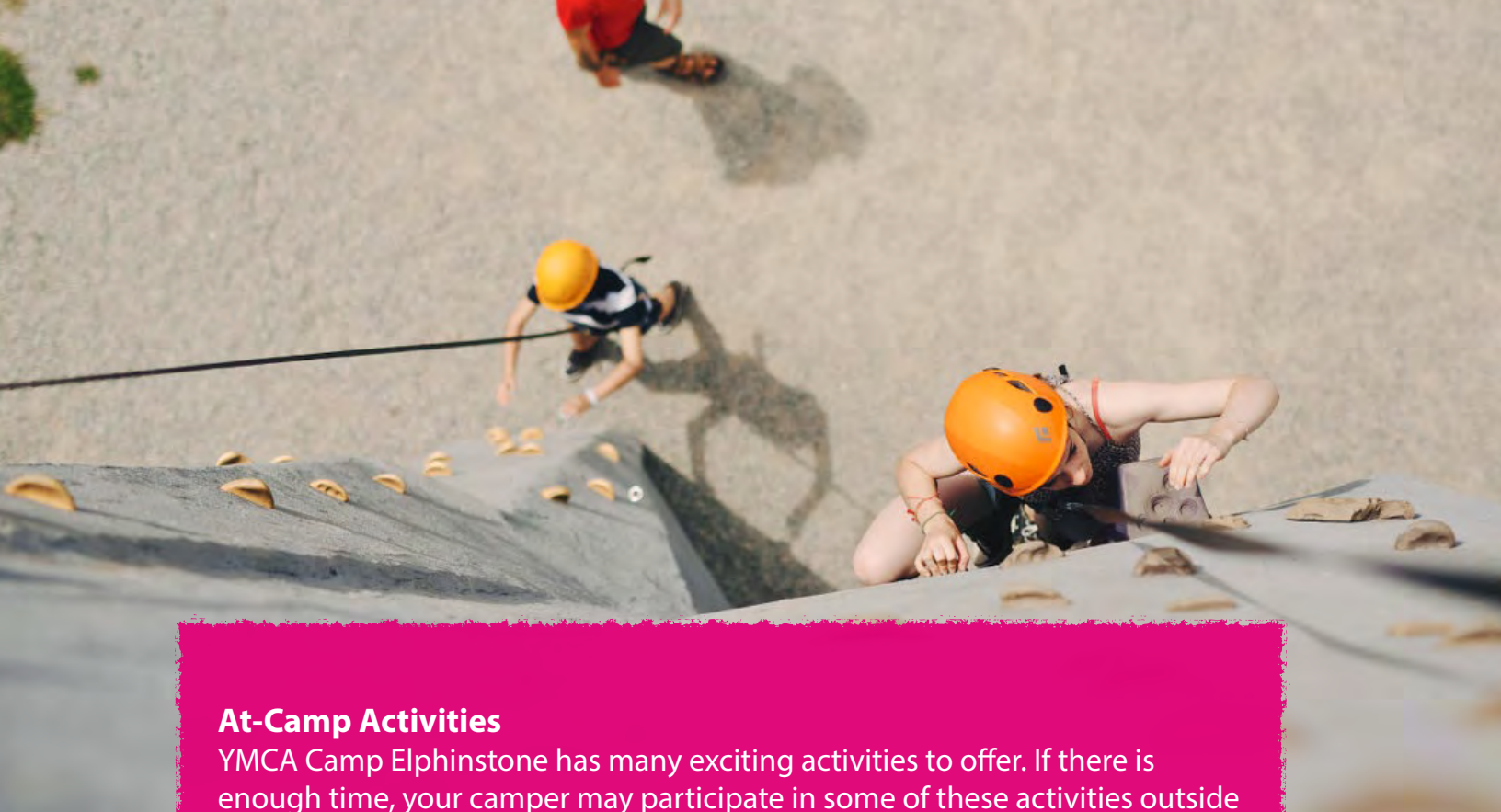
**All items that should not be heated must be packed in a Ziploc bag and placed at the top of the luggage so it may be removed prior to treatment. Please ensure Ziploc bags are well labelled with your child's name and session. We appreciate your support in this matter.**

**Lost and Found**

Lost items will be held for one week after the last day of the camp session after which they will be donated. You are welcome to contact the camp office regarding your child's lost item; it is best to email us at [camps@gv.ymca.ca](mailto:camps@gv.ymca.ca) with a detailed description of the item as well as your child's name and session, but please be patient as we are all very busy during the camp season and may not be able to locate lost items right away. Please label your child's belongings as this increases the chance that they will return home with everything.

The YMCA is not responsible for lost, damaged or stolen items.





### **At-Camp Activities**

YMCA Camp Elphinstone has many exciting activities to offer. If there is enough time, your camper may participate in some of these activities outside of their out-trip. All activities are age-appropriate and participation is based on the size, skill and safety of the campers.

#### ***Waterfront***

Sailing, canoeing, kayaking, fishing, swimming, voyageur canoeing and stand up paddle boarding

#### ***Outdoor Living Skills***

Canoe trips, backpacking/hiking trips, outdoor cooking, shelter building, fire building and orienteering, Leave No Trace lessons.

#### ***Land Sports and Challenges***

Archery, low & high ropes courses, rock climbing, basketball, gaga ball, volleyball and tetherball.

#### ***Creative and Environmental***

Arts & crafts, photography, campfires, discovery hikes, nature walks to "Big Tree", global education and marine beach studies.



## **Arrival Day Activities (Camp 101)**

At the beginning of each session, cabin groups participate in arrival day activities, or Camp 101, to familiarize themselves with the Elphinstone community. Once everyone has arrived at Elphinstone and been placed in their cabin groups, the entire camp will be welcomed by the Camp Director for a community meeting. Cabin groups will then participate in a swim test, a visit to the Wellness Centre for a check in, a tour of camp, and they will have a chance to play games and get to know their cabin mates.

## **Typical Day at Camp Elphinstone\***

8:00 a.m. – Optional Activity

9:15 a.m. – Breakfast

10:15 a.m. – Cabin Clean-Up

10:30 a.m. – Cabin Activity

11:45 a.m. – Paddling/Hike Practice

1:15 p.m. – Lunch

2:00 p.m. – Trip Preparation 1

3:30 p.m. – Trip Preparation 2

5:00 p.m. – Rest Time

6:15 p.m. – Dinner

7:15 p.m. – Flagpole

7:30 p.m. – Evening Program

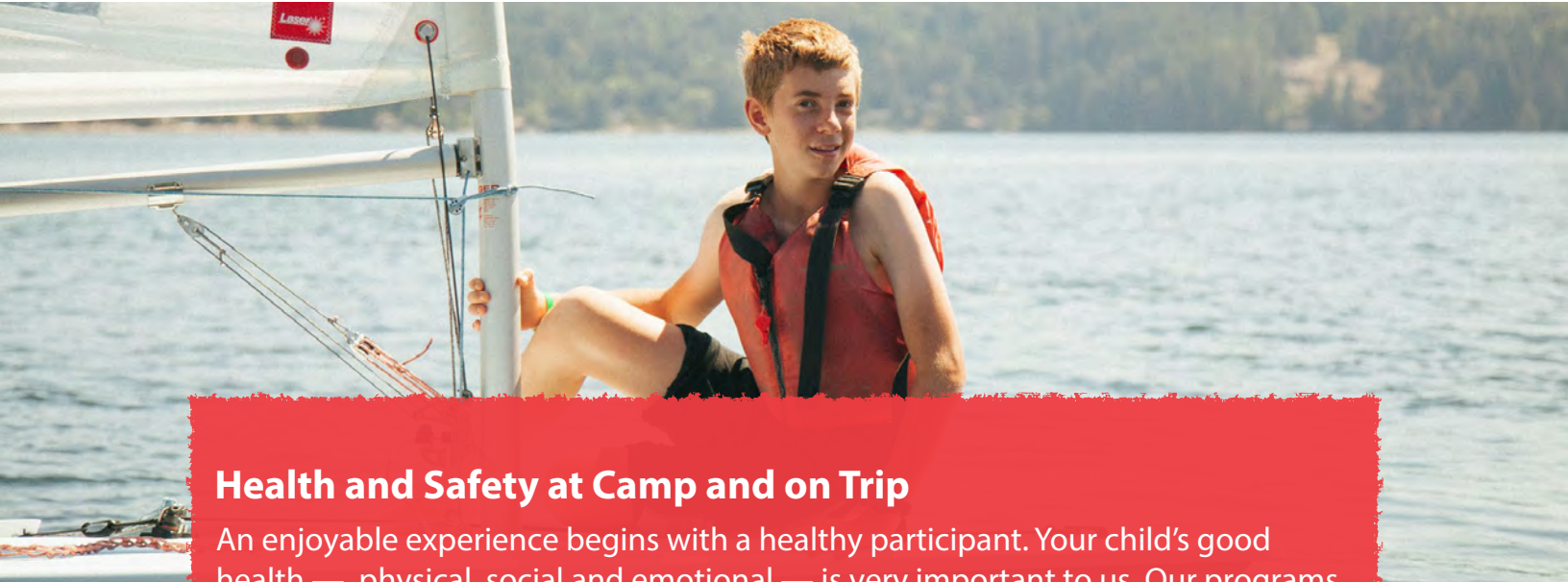
8:30 p.m. – Evening Snack

9:00 p.m. – Flush & Brush/Evening Reflection

9:30 p.m. – In Cabins

*\*Times and days may vary.*





## Health and Safety at Camp and on Trip

An enjoyable experience begins with a healthy participant. Your child's good health — physical, social and emotional — is very important to us. Our programs emphasize careful planning to ensure high safety standards are in place. We are a member of the British Columbia Camps Association and many of our YMCA Practices exceed the BCCA standards.

Staff are trained to reduce the risk of and respond to emergencies. All staff hold current CPR and First Aid certifications and many staff possess additional qualifications depending on their role at camp. Our out-tripping staff have Wilderness First Aid, NLS, and FOODSAFE qualifications. All waterfront staff are certified lifeguards (NLS). All staff and campers are required to wear personal flotation devices (PFDs) in boats at all times. All PFDs are provided at camp. While on a trip, out-tripping staff check in with the Camp Director/Manager each night via cell phone, satellite phone, or SPOT device.

The health and safety of your child is our first priority. We comply with various health and safety regulations and industry standards to ensure that we offer a safe environment. As per Provincial Health guidelines, Camp Elphinstone has transitioned from a COVID-19 Safety Plan to a Communicable Disease Safety Plan (see below). Camp Elphinstone regularly consults with our local health department regarding any updates or changes to protocols.

### Communicable Disease Plan

This guidance applies to staff, volunteers, participants, clients, families, and contractors. People returning from international travel may be subject to additional, individual requirements as set by the Federal Government.

#### Principles

##### 1. Everyone is to self-monitor their health

- Campers, families, and guests should not attend or visit camp if they are experiencing symptom(s) of illness, such as fever, vomiting, diarrhea, coughing, muscle aches, sore throat, etc. until they have been resolved in accordance with the guidance from the BC Centre for Disease Control [bccdc.ca](https://bccdc.ca).
- Please stay away until your symptoms are resolved AND you are feeling well, AND you are not subject to any public health self-isolation requirements.
- During camp, campers who are experiencing symptoms and identified as needing to isolate must be picked up immediately from camp.



## 2. Personal hygiene

All campers and staff/volunteers are to:

- Perform regular hand washing/sanitizing, including after using the washroom, doing cleaning activities or garbage removal, after sneezing into your hand, and before and after preparing food.
- Follow routine practices for possible exposure to blood or body fluids.
- Cough/sneeze into your sleeve or a disposable tissue.

## 3. Cleaning

Cleaning of shared surfaces is completed at a minimum of once per day, and many frequently shared areas are cleaned more often as needed.

## 4. Get vaccinated

While the YMCA encourages everyone to follow the BC Centre for Disease Control recommendations for protection against any disease appropriate to your age, work, or personal circumstances, COVID-19 vaccinations are not mandatory for participants and families.

## 5. Face coverings/masks

Face coverings/masks are not required, but may still be worn by choice for anyone older than 2 years of age.



## **24 Hour Supervision:**

YMCA Camp Elphinstone provides what we call “24/7” supervision of all our campers. Pairs of group leaders ensure a high level of supervision throughout the session. Counsellors sleep in the cabin with the camper group and are available day and night for emergency situations. Tents on trip are positioned close to one another, and far from food/cooking areas for wildlife safety.

## **Wellness Centre:**

Our Wellness Centre serves the health needs of everyone at camp. The Wellness Staff are in charge of the day-to-day routine of camper health checks, delivering medications and handling incidents and accidents on site. Our team of two Wellness Staff are familiar with all kinds of common ailments and are always working with participants to make sure they are at their best. The Wellness Staff will keep you informed about your child's health in the case of a change in health, a trip to the doctor or an emergency. If you have any concerns or questions regarding your child's health while they are at camp, our Wellness Staff will call you back directly to discuss your concerns. In order for us to provide the best care possible for your child, please make sure to be as specific as possible on your child's ePACT medical questionnaire.

## **ePACT Medical Questionnaire:**

You will receive an ePACT medical questionnaire email after registration. This is a **required form that needs to be completed as soon as possible**, as this will ensure your camper's medical needs are met while they are here at camp. You may update this form throughout the year if you need to provide us with new or changed information before camp starts. It should only take 10 minutes to complete and if you have completed this form in the past for your child, all you will need to do is log into your account and confirm the information provided is still valid. Your child will not be able to attend camp if this form is incomplete.

## **Illness While at Camp:**

Camp is a very challenging environment to handle contagious illnesses. For this reason we work hard to ensure that we know the health of our campers and staff and do everything we can to minimize the potential for spread of illness. It's our camp practice to treat injury, illness and infectious diseases as per recommendation of the local health unit. For common illnesses or viruses, children will be taken to a local clinic for assessment, prescription for medication will be given and campers will be asked to return home until they are no longer contagious.

Unfortunately, we do not have the space or the additional staff supervision to support individual campers for lengthy medical stays in our Health Centre and feel that they will be much better supported at home to make a speedy recovery and return to camp. This also helps us to reduce the potential for spreading illness in our community. Families will be responsible for any costs associated with prescriptions and will not be reimbursed for the time at home.



**Head Lice:**

Upon arrival, your child will be checked for head lice —**we STRONGLY** recommend that caregivers check their campers for lice prior to start of camp. If lice or nits are found by our staff, your child will not be permitted to come to camp until they are nit-free. Ideally, it takes 7-8 days to effectively kill/remove lice and nits, so we suggest checking your child's head at least one week prior to arrival and then again the day before you send them to camp. Please keep in mind that it can be difficult for a child to integrate into their cabin if they miss the first day or two of camp.

If you don't know how to check for head lice, please talk to your family doctor or a public health nurse. Although lice do not carry disease and are not considered 'dangerous', they are a nuisance! Please help us keep our camp a lice-free zone. If lice or nits are found by our staff upon arrival and your child is not permitted to come to camp, there will be no refund provided.

**Dietary Restrictions:**

We take all camper dietary restrictions seriously and provide appropriate alternatives at each meal served where required. We take every step in offering and informing campers of the alternatives made available to them at each meal.

Please follow these two steps prior to your camper's arrival at camp:

1. Please speak with your camper about their responsibility in ensuring they are following their required diet.
2. Let your camper know that they should speak with a YMCA staff member right away if they have any questions or concerns regarding the food provided while here at camp.

**Bedwetting**

If bedwetting is a concern, please note that our staff are trained to deal with this discreetly, working with children one-on-one. Campers are encouraged to ask their counsellors for help, day or night, and every effort is made to prevent accidents. Campers who may wet the bed are asked to bring extra bedding or sleeping bag liners to camp. Camp will quickly launder any soiled bedding. Please make sure this has been noted on the ePACT medical questionnaire.

### **Homesickness:**

Homesickness is fairly common at overnight camp. Many campers feel a sense of missing home at some point during their stay, although the vast majority of homesickness is overcome after the first few days. Children who are missing home often need the support of their counsellors and fellow campers to feel better. If a child is homesick, we endeavor to identify it and give them the support they need right away. The predominant symptom of homesickness is preoccupying thoughts of home. Other symptoms may include being withdrawn, headaches or stomach aches or other body complaints, and crying. Preparing for a camp experience at home will help prevent homesickness. Please see our general Off to Camp Guide for tips on preventing homesickness.

- Learn about YMCA Camp Elphinstone with your camper so that they can anticipate what it will be like.
- Talk about the activities that will happen at camp and ask your camper what they are looking forward to at camp. Go through the sample schedule found in the Parent/Guardian Information Booklets.
- Arrange for your child to spend a night or two at a friend's house.
- If your camper is worried about missing home, talk about it with them. Let your camper know that homesickness is normal and tell them about strategies they can use to help ease their worry. Common ways of addressing homesickness at camp include writing letters home, sharing feelings with their friends and counsellors, hugging their favourite stuffed animal and thinking about the activities they are most excited for at camp.
- Use a calendar to show the amount of time that your camper will be away. Predictability and perspective on the length of the camp session is important.
- Pack a personal item from home such as a stuffed animal or picture of your family. This can help to ease the transition from home to camp.
- Supply pre-stamped, pre-addressed envelopes and paper for your camper to send letters home.
- Before your camper leaves for camp, avoid making comments that may reflect your anxiety about your child being away. Phrases such as "I hope you'll be ok" or "What will I do without you" may leave a child worried that something bad might happen to them or their parents/guardians and preoccupy their thoughts. An example of a positive send off is "I know that you're looking forward to a lot of the activities at camp. I can't wait to hear your stories!"
- Avoid making a "deal" with your camper to bring them home if they don't like the experience of being away. This may undermine the child's sense that their parents/guardians have confidence in their ability to be on their own. It may also set an expectation that they won't like the new experience and the child may not give the camp experience a chance. If they are homesick, all they will think about is how their parents/guardians said they will come get them right away.





#### **Four ways we support homesickness at camp:**

We are committed to creating a positive, caring community at YMCA Camp Elphinstone and, through this, focus on the prevention of homesickness.

1. We work on creating a positive community on the first day of camp by planning games that will help the campers get to know each other and the site, and by discussing group expectations together. Each group's schedule is posted for all campers to refer to so they know what to expect each day.
2. A Section Director meets with each group within the first 24 hours of camp to discuss what campers can expect from their counsellors and who they can talk to if they need help.
3. We have great counsellors and camp staff who care about your camper's experience and well-being. All staff are specifically trained on identifying homesickness and have strategies to help campers cope with being away from home. Most of the time, campers just need someone to sit with and talk to about how they are feeling.
4. If a child is persistently homesick and not willing to participate in camp activities, the support given will adapt for each circumstance. A Section Director or Camp Director/Manager will call home and let the parents/guardians know what is happening. The purpose of this initial call is to brainstorm coping strategies with the parents/guardian and give us more insight into what the camper may need. From this point, if homesickness is continuing to pull the camper out of programs, the parents/guardian and camp directors will decide if the camper would benefit from a call home, an afternoon visit from a family member, or in serious cases, leaving camp. Calls home will always take place during the day as evening calls tend to make homesickness feelings much stronger.

We are looking forward to supporting and caring for campers and working with families to ensure that the camp experience is a positive and exciting one. Please contact us if you would like more detailed information about homesickness and preparing for camp.



**Accessibility at Camp:**

The YMCA welcomes children of all abilities to our programs. Camp Elphinstone staff are trained and able to assist campers with physical and developmental disabilities. In the event that your child requires one-on-one support, one of our Inclusion Counsellors will be assigned to ensure your child's needs are met. Our Inclusion Counsellors will help modify and adapt programming to ensure your child is included and integrated into the Camp Elphinstone experience. If your child requires one-on-one support while at camp, please contact the Summer Camp Director to discuss how we can best support your child.

**Inclusion at Camp:**

Recognizing that prejudice, discrimination, and stereotyping are prevalent through society, we are dedicated to the creation of a safe, secure space for those seeking services with us. It is the policy of YMCA Camp Elphinstone to maintain and promote a facility that provides the highest quality of services to our campers regardless of their actual or perceived gender identity or sexual orientation. We encourage the parent(s) or guardian(s) of any transgender, trans, and gender non-conforming campers to contact the Camp Director to discuss the commitments to inclusion made by YMCA Camp Elphinstone and how we can best welcome and support your camper(s).





### International Campers

We are hopeful we will be able to host international campers at YMCA Camp Elphinstone this summer.

In light of the COVID-19 pandemic, we will require all international campers to:

- Follow regulations and guidelines from the Province of British Columbia, Government of Canada, and regional health authorities.
- Comply with Government of Canada entry requirements for travel to Canada, as found here: [travel.gc.ca/travel-covid](https://travel.gc.ca/travel-covid)

In the event that a camper is required to isolate or quarantine prior to camp, during camp or after camp, this would be the responsibility of the parent/guardian to arrange. YMCA Camp Elphinstone cannot be held responsible for any logistics, costs, or supervision, and will not be able to accommodate the camper during isolation/quarantine periods. **Campers cannot be accommodated prior to or after their session's scheduled start and end respectively. Campers who are identified as needing to quarantine/isolate during sessions must be picked up immediately from camp.** We will require a written quarantine/isolation plan to be provided for campers detailing how they will be picked up from camp in the event that they are required to quarantine/isolate. **For this reason, international campers will require a local emergency contact who is able to travel to camp to pick them up.**



### **Tuck Shop\***

Our camp tuck shop provides a great opportunity for campers to take home camp gear or souvenirs of their camp experience. All campers have an opportunity to visit our tuck shop with their group at least once during their session. Items you might find in the Tuck Shop include T-shirts, hoodies, hats, water bottles, magnets, and so forth. Prices of items range from \$2 to \$65. Please note that prices and stock are subject to change. In addition to swag and souvenirs, campers will also find healthy food and drink options such as popcorn, pretzels and smoothies.

Credit can be added in \$10 increments to your camper's account by including an amount on your registration form or through our registration office (please call 604-939-9622 for more information). Any campers who have a remaining credit of more than \$10.00 will receive a reimbursement at the end of the 2020 summer session. Credits on camper's accounts under \$10 will be donated to our Strong Kids Campaign to help send a kid to camp.

The YMCA Strong Kids Annual Campaign funding is used to provide financial assistance to families and individuals who otherwise can't afford to participate.

*\*Tuck Credits must be added at least 2 business days before camper arrives at camp*





## Contact with Camp

While your child is on their out-trip, they will NOT be reachable under any circumstances other than an emergency. We will have contact with the out-trippers at the nightly check-in.

### By Mail:

Everyone enjoys receiving mail, so please write! Mail is picked up every day and delivered to your camper by cabin group. **Send letters prior to or during the first few days of camp to ensure delivery to one-week campers.** Letters arriving after your child has gone home will be sent 'return to sender', so please make sure you use a return address!

Letters should be addressed:

Camper's Name and Session  
c/o YMCA Camp Elphinstone  
1760 YMCA Road  
Gibsons, BC V0N 1V6

### Office Phone (for emergencies only):

For emergencies that require you to contact your child, please call 604-886-2025 and we will be happy to assist you. We may have to have the child call you back as we are a large property and it can take time for the child to come to the phone. We do not recommend calling your child unless absolutely necessary! Please don't sacrifice your child's enjoyment and inclusion in programming for anything but an emergency.

### Phone:

There are no phones available for regular camper use at camp. Rest assured that "no news is good news" and your child is busy having fun at camp. If there are any problems, YMCA staff will contact you.

If a camper requests to call home, they will be permitted to make a call from the office during the day. If your child would like to call home please send a calling card with them, along with instructions on how to use it or agree to accept collect calls (note that cell phones cannot accept collect calls)

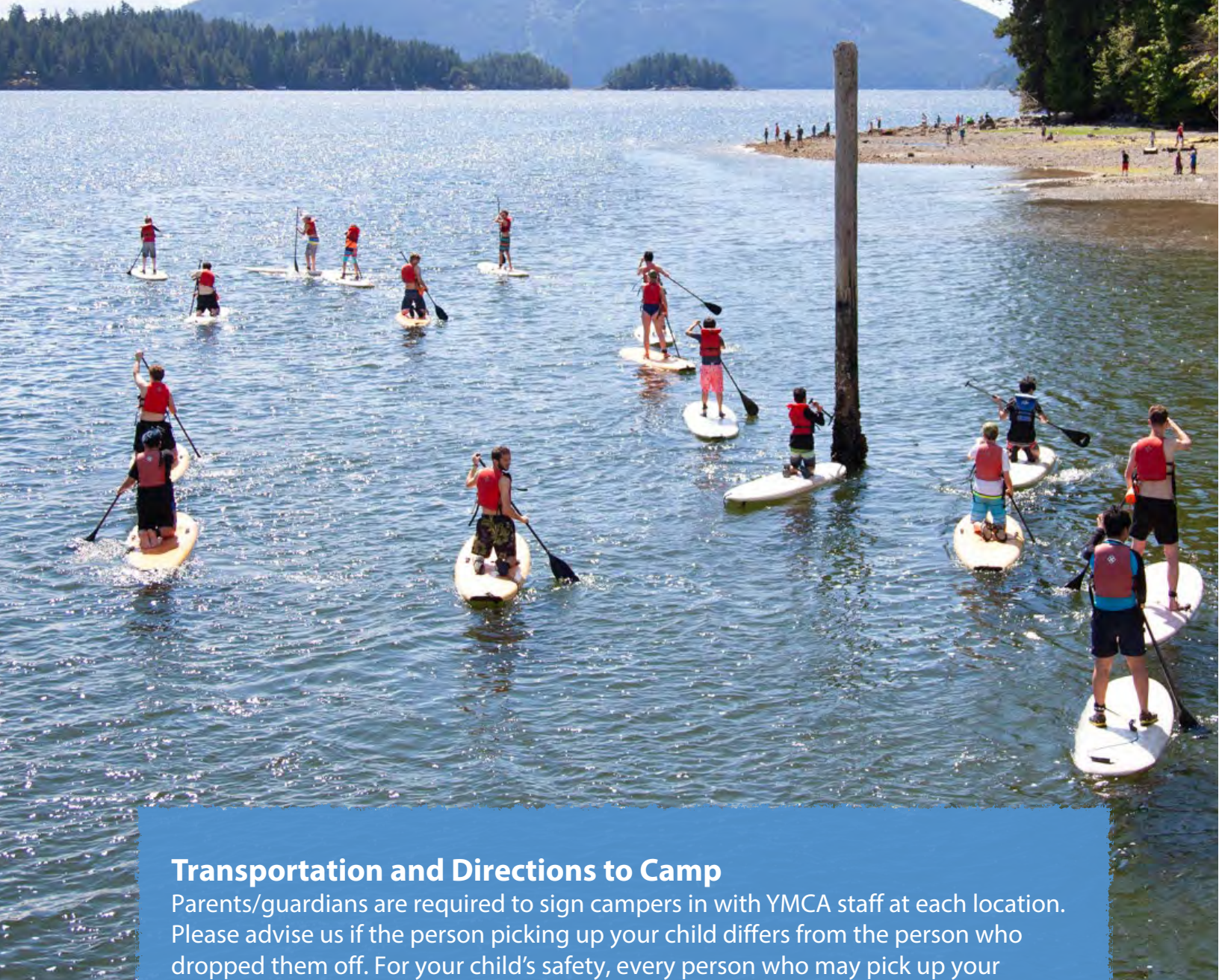
**Please do not send cell phones with your camper as they frequently have a negative impact on the camp experience AND will be taken away until the camper is returning home.**

While your child is on out-trip, they will NOT be reachable under any circumstances other than an emergency. We will have contact with the out-trippers at the nightly check-in.

## Transferring Camp Sessions Policy

You will need to contact our office at least 1 week prior to your camper's arrival at camp in order to transfer to another camp session. Please call our camp office at 604-886-2025.





## Transportation and Directions to Camp

Parents/guardians are required to sign campers in with YMCA staff at each location. Please advise us if the person picking up your child differs from the person who dropped them off. For your child's safety, every person who may pick up your child **MUST** be listed on our sign-in forms and they must be prepared to show government photo identification. **If you need to add a name to your authorized pick up person(s), please email [camps@gv.ymca.ca](mailto:camps@gv.ymca.ca).**

The scheduled arrival and departure times below are very important as they enable our staff to structure important first and last days of the session, in order to best benefit each camper group. For your child's safety, if you wish to change your transportation selection, **we require written notification of the change 5 business days prior to the camp session start date**—please email the camp office at [camps@gv.ymca.ca](mailto:camps@gv.ymca.ca).

If you are unable to make the scheduled time on pick-up day, please contact the camp office at 604-886-2025.

Please note that bus and ferry times are subject to BC Ferries summer sailing schedule and may change. We will provide you with notification should this occur.

**Drop-off/Pick-up at YMCA Camp Elphinstone, Gibsons, B.C.:**

If you are dropping your child off directly at YMCA Camp Elphinstone...

- Drop-off: Between 1:00 p.m. and 1:30 p.m. on Sunday  
(No lunch is provided on first day of camp for campers dropped off directly at camp)
- Pick-up: Between 9:45 a.m. and 10:15 a.m. on Friday.

**Drop-off/Pick-up at Horseshoe Bay Ferry Terminal:**

If you are dropping your child off at Horseshoe Bay ferry terminal...

- Drop-off: 10:00 a.m. on Sunday
- Pick-up: 11:40 a.m. on Friday

When you arrive at the ferry terminal, please look for YMCA staff who will direct you the appropriate area—we will direct campers and families to the grassy knoll by the water directly behind the ferry terminal. Sign in will take a little bit of time and parents/guardians are required to stay with their child until they have been through the sign in process. **Please do not purchase a ferry ticket as this is included in your registration fees.**

**Travelling by YMCA Shuttle Bus:**

Campers must be registered for bus transportation in advance. YMCA staff monitor each bus and begin a camp orientation onboard the bus. Your child must be signed in upon boarding and signed out upon leaving with YMCA staff onboard the van/bus. YMCA staff will only release your child to the person(s) listed on the registration form.

Please ensure you arrive at the bus stop at least 15 minutes prior to the scheduled bus times noted in the table below, and allow up to 15 minutes for delays. Please note that bus drop off times may vary depending on traffic (we will do our best to keep you informed if this happens).

In the event that you miss your bus, please arrange for transportation to the Horseshoe Bay ferry terminal and take the next convenient sailing. We are unable to have a YMCA staff member sign in and pick up campers at the Langdale ferry terminal, you will need to transport your camper directly to Camp Elphinstone. Should this occur, please call our camp office at 604-886-2025.

Location	To Camp (Sunday)	From Camp (Friday)
<b>Bus 1</b>		
Tong Louie Family YMCA 14988 57th Avenue, Surrey	9:25 AM (bus departs at 9:40 AM sharp)	1:30 PM
Port Moody Recreation Centre 300 loco Road, Port Moody	9:55 AM (bus departs at 10:10 AM sharp)	12:45 PM
<b>Bus 2</b>		
Burnaby Central Secondary School 4939 Canada Way, Burnaby	9:25 AM (bus departs at 9:40 AM sharp)	1:30 PM
Langara Family YMCA 282 West 49th Avenue, Vancouver	10:10 AM (bus departs at 10:25 AM sharp)	12:45 PM



### **Travelling by Airplane**

Airport transportation is available only for Canadian campers flying domestically within the country. This year we are not able to provide transportation to and from the Vancouver Airport for international campers due to COVID-19 testing and quarantine requirements.

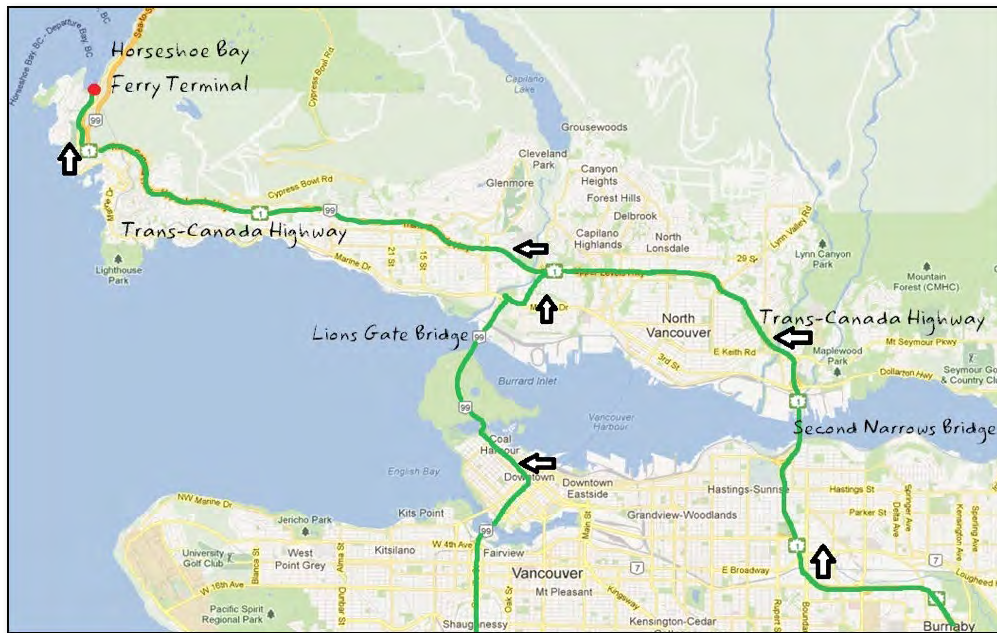
Campers arriving by airplane must arrive in Vancouver between 8:00 AM and 11:00 AM on Sunday, the first day of camp. Campers leaving by airplane must depart from Vancouver between 3:00 PM and 6:00 PM (If this is not possible, please contact us. If we are able to accommodate flights outside the time restrictions noted above, additional fees will be incurred. As we are trying to accommodate several campers in one trip, your camper may have to wait at the airport for a longer period of time (we do our best to prevent this). Your camper will be met by an identified YMCA staff member at the arrivals gate and transported to camp. For your camper's return trip, we will also require your written permission for your camper to go through security early.



## Directions to YMCA Camp Elphinstone

YMCA Camp Elphinstone is located on the beautiful Sunshine Coast, just two kilometres north of the Langdale ferry terminal on the shores of Howe Sound and a 40-minute ferry ride from Horseshoe Bay in West Vancouver. To get to Horseshoe Bay ferry terminal, take Highway 1 westbound from Vancouver and follow signs for Horseshoe Bay in West Vancouver. If your child is taking the ferry with camp staff, they will be signed in and out in the walk-on passenger area (there will be staff and signage to help direct you to the right location).

YMCA Camp Elphinstone is a 25-minute walk or a three-minute drive from the Langdale Ferry terminal. After departing the terminal, turn right at the lights and follow Port Mellon Highway to YMCA Road (first road on the right). Follow YMCA Road until you see the YMCA Camp Elphinstone sign. Check in at the upper parking lot/Mackenzie Hall.







## KEEP IN TOUCH WITH BUNK1!

Stay in touch with your camper at **YMCA Camp Elphinstone** this summer using Bunk Notes and Bunk Replies. No need to wait for snail mail; Bunk1 makes it easy to communicate with your child and receive handwritten responses direct to your Bunk1 account. Your Bunk Notes will be delivered to your camper with regular mail within 24 hours of you writing.

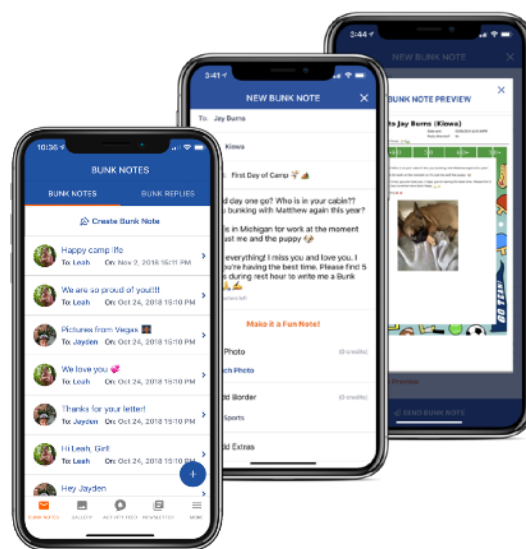
### GET STARTED TODAY!

- Go to [www.Bunk1.com](http://www.Bunk1.com)
  - RETURNING PARENTS** will login using their email address and password from the previous year.
  - NEW To BUNK1?** Click "[New Here? Get Started](#)" button and complete the basic form.
    - The Invitation Code for **YMCA Camp Elphinstone** is: **YCE2022**
- You will be prompted to select a bundle for access to your Parent Portal. Bundles include credits for you to send Bunk Notes and enhance your notes with borders, photos, sports scores, and puzzles.

### SENDING BUNK NOTES

**Send Bunk Notes** day or night! Your camp receives a pdf at **9:00 am & 7:00pm PST** each day containing all Bunk Notes received in the last 24 hours. Camp prints each Bunk Note and delivers them to your camper with the regular mail. You can purchase more credits anytime in the Bunk Notes menu. Successfully sent Bunk Notes will appear under Bunk Notes > View Sent.

**Bunk Notes for Families:** Purchase **Bunk Notes Express** and receive a unique email address for your camper. Edit this email address under the Bunk Notes tab. Anyone in your family can directly email your camper at this address, and the note will be delivered as a regular Bunk Note. A credit is deducted from your account for each note. These notes can also be confirmed as sent



### RECEIVE BUNK REPLIES

Receive a handwritten note from your camper in your Bunk1 account on our unique stationery.

1. Unlimited Stationery can be purchased in a bundle OR under the Bunk Replies tab.
2. Print the stationery (Bunk Replies tab) and send your preferred amount with your camper to camp OR attach an individual piece to be delivered with your Bunk Note (0 credits if Unlimited).
3. Make sure your camper knows to write on the barcoded stationery and hand it in to a camp staff member.
4. Camp staff will collect Bunk Replies and send them to Bunk1. Bunk1 will then scan the barcode & send the reply to your account under the Bunk Replies tab.



The Bunk1 team is available to support you 7 days a week during peak season. They guarantee a response within 24 hours and it's usually much quicker than that. Please call Bunk1 at **212-974-9112** or email [support@bunk1.com](mailto:support@bunk1.com). For FAQ's related to the services above, visit [www.bunk1family.com/faqs](http://www.bunk1family.com/faqs)