



**YMCA**  
**Camp Elphinstone**

## Off to Camp Guide: Summer Day Camp



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



**Our Mission:**  
**YMCA BC is a charity dedicated to**  
**strengthening the foundations of community.**





## Welcome to YMCA Camp Elphinstone!

Dear 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.

Talking to your child about their upcoming adventure is an important step in ensuring a positive experience for everyone. Being at camp is very different than being at home. We are part of activity groups of up to 16 people, enjoy meals together as a group at our outdoor picnic pavilion, 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 at Day Camp.

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,

Andrew Sponagle  
Director, YMCA Camp Elphinstone

Jazz Zahra  
Summer Camp Director

### YMCA Camp Elphinstone Registration Office

1760 YMCA Road

Gibsons, B.C. V0N 1V6

T: 604.939.9622

F: 604.886.2363

E: [camps@bc.ymca.ca](mailto:camps@bc.ymca.ca)





## **At YMCA Camp Elphinstone, we live by basic principles of respect.**

### **Respect for Yourself:**

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 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. 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. 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 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 Manager/Supervisor. 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, cannabis, 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.





### **Camp Activities and Packing Lists**

YMCA Camp Elphinstone has many exciting activities to offer. All activities are age-appropriate and participation is based on the size, skill and safety of the campers. Your camper will have an opportunity to participate in a variety of activities such as:

#### ***Waterfront***

Sailing, canoeing, kayaking, fishing, swimming, voyageur canoeing.

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

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.

## Daily Recommended Packing List

Our outdoor programs continue rain or shine. For your child's comfort and well-being, please come prepared for the weather.

- Face mask (*Face masks are not required, but if your camper is more comfortable wearing a mask, they are welcome to do so.*)
- Water bottle
- Waterproof rain gear with hood
- Rubber boots
- Shoes (runner and swim shoes)
- Swimsuit
- Towel
- Hat (for sun and rain)
- Sunscreen (minimum SPF 30)
- Change of clothes depending on the age of your child
- Nut-free afternoon snack

## 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
- Matches
- Knives
- Fireworks
- Toy guns or water pistols
- Expensive watches, jewellery, or any other valuables







## 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@bc.ymca.ca](mailto:camps@bc.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 and may not be able to locate lost items right away. Please label your child's belongings as this increases the chance that he/she will return home with everything.

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

## 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.

## Health and Safety at Camp

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 accredited by the British Columbia Camps Association and many of our YMCA Practices exceed the BCCA standards.

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.





**Staff:**

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. 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.

**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 seven to eight 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 below 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.

### **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.

### **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 once a week. 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 chips, 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 2023 summer session. Credits on camper's accounts under \$10 will be donated to our CommUNITY Campaign to help send a kid to camp. The YMCA CommUNITY 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*



### Transportation - Getting to Camp

Parents/guardians are required to sign campers in with YMCA staff in the morning, and sign them out in the evening. 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 someone to your registration, please email [camps@bc.ymca.ca](mailto:camps@bc.ymca.ca).

For your child's safety, if you wish to change your transportation selection, we require written notification of the change **two weeks prior to the camp session start date** — please email the camp office at [camps@bc.ymca.ca](mailto:camps@bc.ymca.ca). If you are unable to make the scheduled time on pick up day, please contact the camp office at 604-886-2025.

The scheduled arrival and departure times below are very important as they enable our staff and campers to enjoy each day at camp. If your child is going to be late or absent, please contact the camp office at 604-886-2025.



### Travelling by Bus:

Transportation is provided in YMCA vehicles or school buses. Please ensure you arrive at the bus stop at least 10 minutes prior to the scheduled bus time and allow up to 15 minutes for delays. If you miss the bus, please drive your child to camp and contact us directly at 604-886-2025.

Your child must be signed in upon boarding and signed out upon leaving with YMCA staff on board the van/bus. If you wish for your child to be able to walk home from the bus, please ensure that the camp office has written notice of this, you may send emails to [camps@bc.ymca.ca](mailto:camps@bc.ymca.ca). YMCA staff will only release your child to the person(s) listed on the registration form.

At the end of the day, if you arrive late to a pick-up location, your child will remain on the bus and will travel to the final scheduled stop on that route. YMCA staff will coordinate with camp and will remain with your child. Please contact us should this occur.

Location	To Camp	From Camp
Half Moon Bay Elementary (8086 Northwood Road)	7:45 a.m.	5:15 p.m.
Sechelt Elementary (5800 Cowrie Avenue)	8:00 a.m.	4:50 p.m.
Davis Bay at Pier 17 (Highway 101)	8:15 a.m.	4:40 p.m.
Roberts Creek Elementary (1088 Roberts Creek Road)	8:30 a.m.	4:25 p.m.
Elphinstone Secondary (Front parking lot, Gibsons Way)	8:45 a.m.	4:15 p.m.
Dougall Park Lower Gibsons (Angle parking area)	8:55 a.m.	4:10 p.m.



## Travelling by Car:

Please ensure that your child is on time for camp. When children arrive late, they miss important parts of the day. If you know your child will be late on a specific day, please contact us at 604-886-2025 or send a note with your child the day before. Your child must be signed in and signed out with YMCA staff at the upper parking lot/Mackenzie Hall.

Drop-off: 9:00 a.m.

Pick-up: 4:00p.m.

## Directions to YMCA Camp Elphinstone

YMCA Camp Elphinstone is a 2 km 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.

