



**YMCA**  
**Camp Elphinstone**

## Off to Camp Guide: Fall Family 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 Families,

Thanks for choosing the YMCA for your family's camp experience—we look forward to having you! Whether it's your first time coming to Family Camp or if you've been coming for years, please read through this guide carefully. This guide contains vital information regarding your upcoming trip and some new information for this year's Fall Family Camp from Friday, October 6 - Sunday, October 8, 2023.

Talking to your family about their upcoming adventure is an important step in ensuring a positive experience for everyone involved. We believe that a rewarding camp experience starts with communication and preparation. We expect all family members to abide by the YMCA core values of Do the Right Thing, Put People First, Lead by Example, and Keep Our Promises throughout their time at camp.

We hope to answer many of your questions in this guide, but should you have any further questions about your family's upcoming camp experience, please contact us. Early communication allows us to address questions and concerns before you arrive at camp. Camp may look and feel different this fall 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 look forward to meeting your family and creating some lasting family memories.

Sincerely,

A handwritten signature in black ink that reads "ANDREW SPONAGLE".

Andrew Sponagle  
Director, YMCA Camp Elphinstone

A handwritten signature in black ink that reads "Jazz Zahra".

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)



## Camp Activities

Families will have an opportunity to participate in a variety of camp activities. All activities are age-appropriate and participation is based on the size, skill and safety of the participants. YMCA staff will provide family and kids-only programming in the mornings and afternoons. There will be a schedule given to each family upon arrival. Parents should also be aware that unless their child is participating in a kids-only activity supervised by a YMCA staff member, during all other times of the day, parents are responsible for supervising their children. Your family will have an opportunity to participate in activities such as:

### **Waterfront\***

Canoeing, kayaking, swimming, voyageur canoeing.

### **Outdoor Living Skills**

Outdoor cooking, shelter building and fire building.

### **Land Sports and Challenges**

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

### **Creative and Environmental**

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

*\*Waterfront activities are weather dependent.*



### Typical Day at Fall Family Camp

- 7:00 a.m. Optional morning paddle and polar bear dip
- 8:00 a.m. Breakfast
- 9:15 a.m. Activity 1
- 10:30 a.m. Activity 2
- 12:00 p.m. Lunch
- 1:00 p.m. Siesta (Tuck Shop will be open if merchandise is in stock)
- 2:00 p.m. Activity 3
- 3:15 p.m. Activity 4
- 5:00 p.m. Dinner
- 6:15 p.m. Evening Program
- 7:30 p.m. Campfire
- 8:30 p.m. Snack
- 9:30 p.m. Optional Teen Activity and Optional Adult Social



## Facility Information and Helpful Tips

### **Showers/Washrooms:**

YMCA Camp Elphinstone has lodges with excellent shower and washroom facilities. Each lodge has four private bathrooms (shared among eight guest rooms). All cabins have separate washroom and shower facilities (with 12 showers per gender available). An additional all-gender shower is located in our Wellness Centre.

### **Laundry:**

Laundry facilities are not available on-site. In case of emergencies, we are happy to provide you with directions to the nearest laundromat.

### **Tuck Shop:**

Families will have access to the YMCA Camp Elphinstone tuck shop during their time at camp if supplies allow. Our tuck shop stocks a number of clothing items and memorabilia. Purchases can be made by credit card or cash.

### **Phone:**

Cell phone service is inconsistent but available on-site. You may need to search for a signal, but we have found that all major carriers have some level of signal available. In case of emergencies, please advise your friends and relatives to call the camp office at 604-886-2025. Any messages left will be relayed to you as soon as possible.



## Recommended Packing List

When preparing for camp, be sure to consider the length of your stay, time of year and the activities that your family may participate in. Our camp programs continue despite the occasional rainy day. For your family's comfort and well-being, please come prepared for the weather.

The luggage you transport your belongings in does not need to be expensive—backpacks are ideal, hockey bags, duffels, old suitcases and big laundry bags are fine too. We kindly ask that you do not pack items in garbage bags as they rip easily and can be mistaken for garbage. Below you will find some recommended packing lists for equipment, clothing and toiletries.

### Equipment

- Sleeping bag (warm, preferably synthetic fill)
- Pillow & pillow case
- Flashlight (with extra batteries)
- Water bottle
- Travel coffee mug
- Sheet for mattress (optional)
- Extra blanket (optional)

### 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.

### Clothing

- Socks & underwear
- Shorts, t-shirts, pants & sweaters
- Waterproof rain jacket and pants (camp activities happen rain or shine!)
- Shoes (one pair of running shoes and one pair that can get wet. Participants must wear closed-toe shoes on the rock climbing wall and ropes courses)
- Water shoes
- Pajamas
- Swimsuit
- Rubber boots
- Towels (one large, one small)
- Hat (for sun and rain)
- Toque (optional)

## Toiletries

- Biodegradable\* soap & shampoo are preferred
- Toothpaste and toothbrush
- Brush or comb
- Insect Repellent (no aerosols)
- Sunscreen (minimum SPF 30)

\*Biodegradable Soap – all soap products (shampoo, soap and conditioners used at YMCA Camp Elphinstone are recommended to be biodegradable, as our water is treated and returned directly to the ocean. We need your help to protect the environment. Our water system works best and operates cleanly when all soap products used are biodegradable.

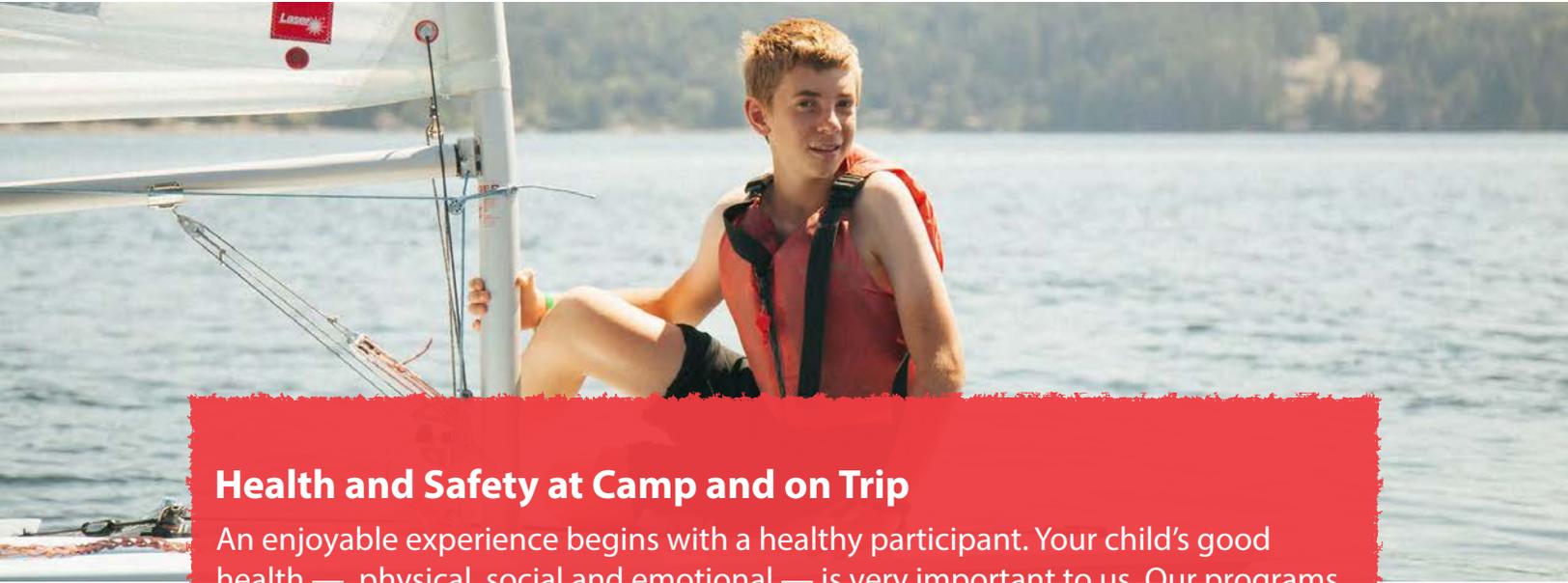
Please do not bring any of the following items: matches, firearms, knives, hatchets, tobacco, alcohol, video games, portable radios, iPods, laptops, expensive watches or jewellery. Food, candy and gum should also be left at home as they attract animals.



## **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 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, but please be patient as we may not be able to locate lost items right away.

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



## 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 inREACH 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.





### **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 family's medical needs are met while they are here at camp. You must fill out a form for each family member attending 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 family, all you will need to do is log into your account and confirm the information provided is still valid. Your family will not be able to attend camp if this form is incomplete.



## Transportation – Getting to Camp

Below you will find our recommended ferry and arrival times. There are various ferries that run between Horseshoe Bay and Langdale throughout the day. A current ferry schedule is available at [www.bcferries.com](http://www.bcferries.com) or by calling 1-888-BC-FERRY. Please note that ferry times are subject to BC Ferries sailing schedule and may change—should this happen, we will provide you with notification.

If you prefer to walk-on the ferry rather than drive, a shuttle service is available from the Langdale ferry terminal—please call ahead to book a spot on the shuttle.

### **Fall Family Camp:** October 6th-8th, 2023

- Ferry to Camp: 4:20 p.m. or 5:30 p.m. from Horseshoe Bay to Langdale
- Ferry from Camp: 1:05 p.m. or 3:15 p.m. from Langdale to Horseshoe Bay

*\*Dinner will not be served on the Friday night*

Please do not arrive prior to 5:30 pm, as we will be preparing the cabins and lodges for your arrival and have other groups on site during the afternoon. The Community Meeting and programming will not start until most families are here at 6:45 PM. Please be prepared to leave by 2:30 PM on the final day.

### **Camp Behaviour Policy**

#### **Camper/Family Dismissal:**

If a situation arises where a family member threatens the safety of another family member or if a family member shows a complete disregard of camp rules, that individual or family may be dismissed at the discretion of the Camp Director/Manager. The family is responsible for any costs associated with that individuals or family's dismissal and no refund will be given if the dismissal is due to behavioral reasons or concerns.

#### **Possession of Illicit Substances:**

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

## Heat Room (two-hour cycle)

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 and any electronics (which should be left at home.

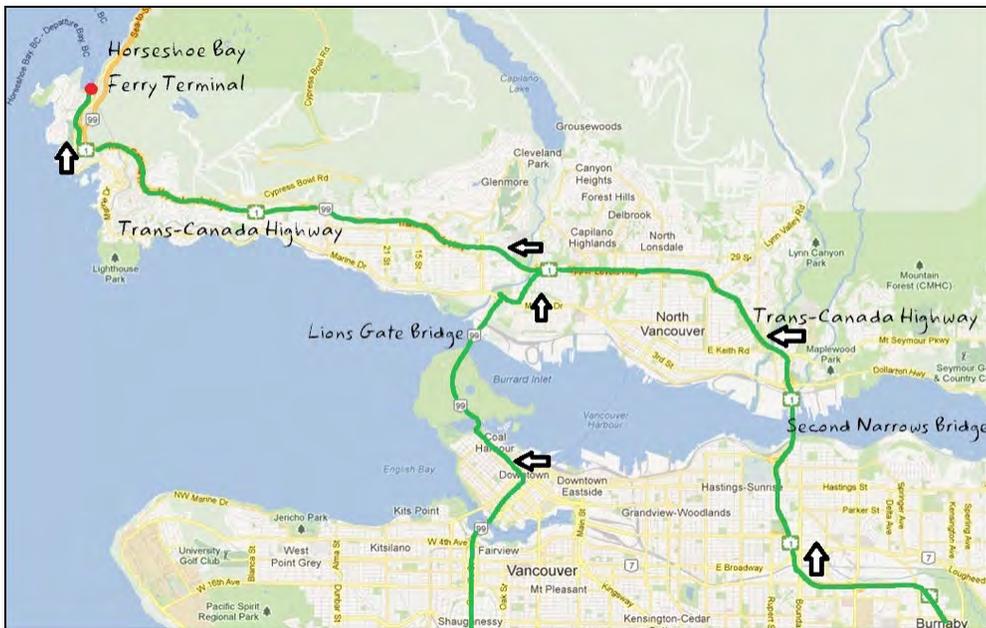
**All items that should not be heated must be packed in a Ziploc bag and placed at the top of the luggage so it may be removed prior to treatment. Please ensure Ziploc bags are well labelled with your family's name and session. We appreciate your support in this matter.**



## 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.

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.



### Need more information?

If you still have questions please feel free to give us a call and we'll be happy to answer your questions.

YMCA Camp Elphinstone  
1760 YMCA Road  
Gibsons, BC V0N 1V6  
T: 604.939.9622  
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