



YMCA
Camp Elphinstone

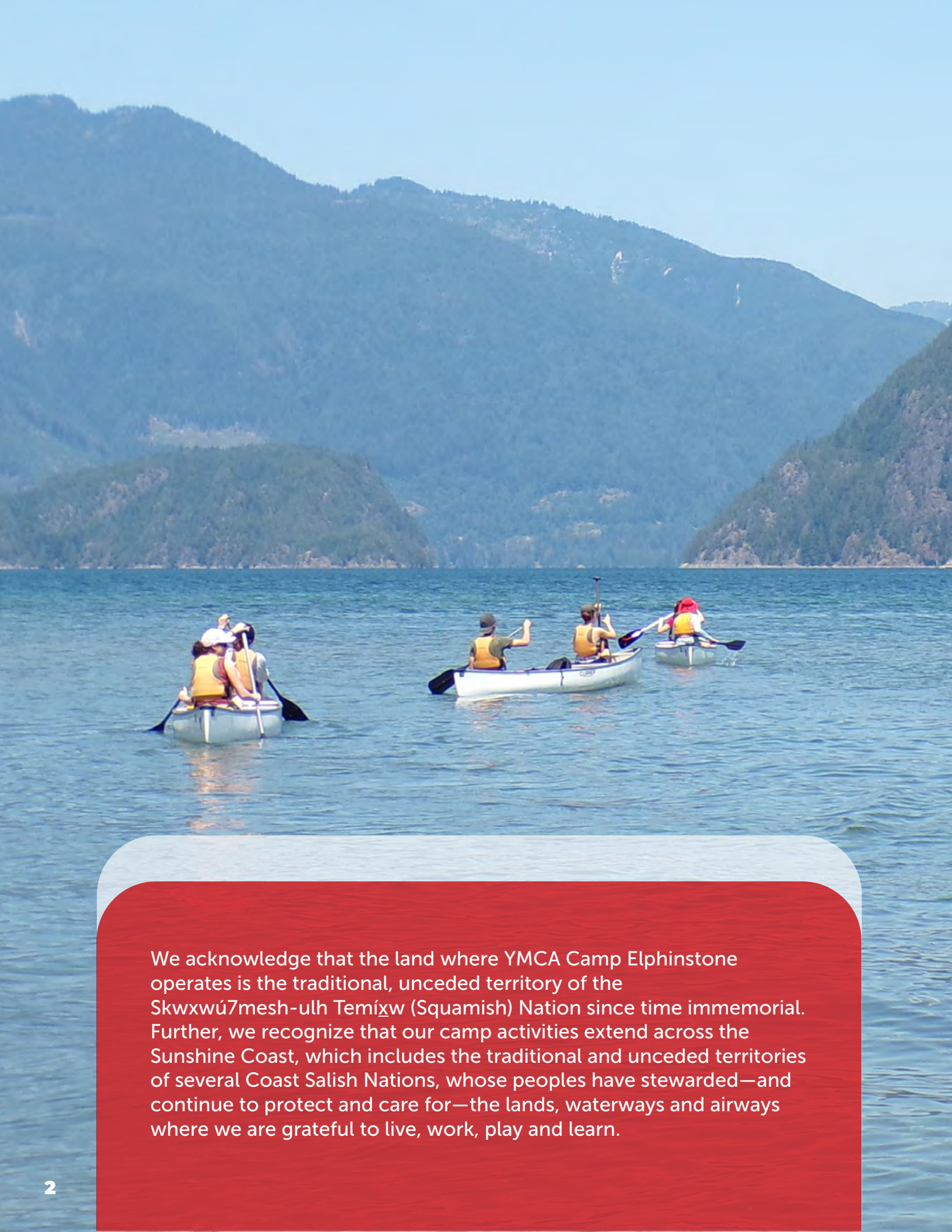
2025 Off to Camp Guide

Day Camp Program



Shine On



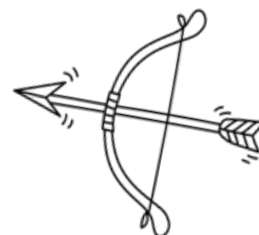


We acknowledge that the land where YMCA Camp Elphinstone operates is the traditional, unceded territory of the Skwxwú7mesh-ulh Temíxw (Squamish) Nation since time immemorial. Further, we recognize that our camp activities extend across the Sunshine Coast, which includes the traditional and unceded territories of several Coast Salish Nations, whose peoples have stewarded—and continue to protect and care for—the lands, waterways and airways where we are grateful to live, work, play and learn.

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Welcome Letter

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.

We can't wait to see you this summer and welcome to YMCA Camp Elphinstone!

Sincerely,

Pete Carson

Director, Camping and Outdoor Ed.
YMCA BC

Madeleine Ghosh-Logan

Manager, Summer Camp
YMCA Camp Elphinstone

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Asst. Mgr., Summer Camp
YMCA Camp Elphinstone



Expectations at Camp



YMCA BC Camping and Outdoor Education

Commitment Statement

At YMCA BC Camps we provide a fun, welcoming and inclusive community where campers feel safe, build friendships, embrace challenges and develop independence. Through adventures in nature and on the water, we inspire a love for the outdoors and a respect for the world around us.

How We Treat Each Other

Honesty | Responsibility | Respect | Caring | Inclusivity

What Camp Delivers

Fun | Safety | Friendship | Belonging | Personal Growth | Natural World | Life Needs | Place to Return

YMCA BC's Vision, Purpose and Values

Purpose: We envision vibrant, healthy and inclusive communities for all.

Vision: We ignite belonging by enabling everyone in our communities to have equitable access to healthier outcomes.

Values: We are Inclusive, Supportive, Innovative & Accountable.

Camp Activities



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.

There is something to be excited about each day at YMCA Camp Elphinstone! Day Camp participants will be rotating through a variety of activities, allowing all campers to try out everything we have to offer and gain the full summer-camp experience. These include waterfront recreation**, land and sports challenges, outdoor living skills, and creative and environmental activities, as detailed on the next page.

Some regular camp traditions are in store for the final two days of the week. We'll be celebrating a different Theme Day every Thursday, when we get dressed up and enjoy fun games and team competitions related to the weekly theme! We'll let you know in advance what theme we'll be celebrating during your week in case you'd like to get a costume prepared.

On Friday, we wrap things up with Day Camp's Got Talent! All talents are welcome and campers will get a chance to practice beforehand. Why not team up with some of your new friends to put on a memorable group performance? We can't wait to see everyone hit the stage!

We look forward to providing a more detailed schedule for Day Camp participants via email prior to the start of your camper's session.

***Camp Management is committed to safely using our dock and pier in 2025. We have developed a plan and are waiting on permit approvals to move ahead. Regardless, waterfront activities will proceed with or without use of the dock and pier in 2025. Updates on this important area of camp will be shared on social media and with registered families via email.*



Land Sports and Challenges

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

Waterfront

Swimming sailing, canoeing, kayaking, stand-up paddleboarding and big canoeing.

Outdoor Living Skills

Canoe trips, backpacking/hiking trips, shelter building, fire building and orienteering.

Creative and Environmental

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



Packing & Preparing for Camp

Daily Recommended Packing List

Our outdoor programs continue rain or shine. For your child's comfort and well-being, please ensure they are prepared for the weather and arrive each day with the following items:

- Water bottle
- Rain jacket with hood (waterproof)
- Rubber boots
- Shoes (runners and water shoes)
- Towel
- Swimsuit
- Hat (for sun and rain)
- Change of clothes depending on age of child
- Sunscreen (minimum SPF 30)
- 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 focus on their surroundings and connect with their peers. If any of the items listed below 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:

- Mobile phones
- Expensive and/or smart watches
- Electronic toys or gaming devices (e.g. Nintendo Switch)
- Personal media players (e.g. iPod, tablet)
- Food, candy or gum
- Matches
- Knives
- Fireworks
- Toy guns or water pistols
- Jewelry
- Any other valuables or items of significant meaning

Lost and Found:

Amongst the excitement of summer at YMCA Camp Elphinstone, we understand that some items may be misplaced during your camper's visit. As such, it is very important to leave treasured items at home, and to label your child's belongings, increasing the chance they will return home with all items.

If you would like to inquire about a lost item, please email us at camp.elphinstone@bc.ymca.ca with "Lost & Found" as the subject line, and include the camper's full name, session and description of the lost item(s).

Your patience is appreciated as we look for your lost items as our staff team is busy during the camp season and may not be able to locate missing belongings right away. Unclaimed lost items will be held for one week after the last day of the camp season, after which they will be donated. The YMCA is not responsible for lost, damaged or stolen items.



Health & Safety



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 an Accredited Camp with 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 all waterfront staff are certified lifeguards (NLS). Depending upon their role at camp, many staff possess additional qualifications.

All campers and staff must wear personal floatation devices (PFDs) during waterfront activities at all times, including while in boats, on paddleboards and while swimming. All PFDs are provided at camp. Participants who would like to swim without a PFD will be required to pass a short swim test during the first swim time.

The health and safety of your child is our first priority. We comply with various health and safety regulations and industry standards to ensure a safe environment. Complete Health & Safety information can be reviewed by visiting our [Day Camp page](#).

Illness at Camp:

Parents are asked to keep children home from camp until they are fully recovered from an illness (24-48 hours after last incidence of fever, vomiting, or diarrhea). This prevents the spread of viruses and other communicable diseases. Campers should only return to camp once they are prepared and able to actively participate in all camp activities.

In order for us to provide the best care for your child, please make sure to be as specific as possible when sharing your camper's medical information. This information should be shared with camp staff via CampBrain—**please complete your camper's medical form by the June 15 deadline.**

Head Lice:

Please be sure to check your camper for lice prior to the start of their Day Camp session. 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 group 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:

At Camp Elphinstone, 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.

Prior to your child's camp session, it is important to talk to them about the following:

- It is the camper's responsibility to ensure they are following their required diet.
- If they have any questions or concerns regarding the food provided at camp they should speak to a YMCA staff member right away.
- If you need to review or edit your camper's dietary needs, you can do so through your CampBrain account, or by contacting our registration team at camp.elphinstone@bc.ymca.ca.

Camp Inclusion Statement

At YMCA Camp Elphinstone, we are committed to Equity, Diversity, Inclusion, and Belonging (EDIB). This includes creating inclusive spaces and programming for everyone who comes to camp, where we celebrate and value all backgrounds and identities. [Learn more about our commitment to EDIB here.](#)

Behaviour Guidelines

YMCA Camp Elphinstone is a place where campers learn and thrive in a safe, fun and supportive environment. All camp participants, staff and volunteers pledge to follow “The Ways We Treat Each Other.” Inappropriate behaviour, including but not limited to offensive language, aggression, bullying, or use of prohibited items such as tobacco, vape juice, alcohol, non-prescription drugs or offensive materials will not be permitted.

To ensure a safe and inclusive environment for all campers, any intentional participant behaviour that puts other campers, volunteers, staff or others at physical or emotional risk may result in immediate dismissal from the camp program. Any expenses incurred as a result of program dismissal will be the responsibility of the participant/parent/guardian. No refund will be given to campers leaving camp prior to the end of the session due to non-tolerated behaviour.

Non-tolerated behaviour includes but is not limited to, offensive language, teasing or bullying, vandalism, angry or rude outbursts, ignoring camp rules or boundaries set by camp staff, running away, and hands-on with campers or staff and/or physical fighting.

There are different tolerance thresholds for different non-tolerated behaviours and there is nuance when making the decision to dismiss a camper from camp programming. Dismissal from camp programming is at the discretion of the Summer Camp Manager, Camp Director, or designate.

Behaviour Management Procedure

Camp staff will follow the outlined procedure when addressing challenging behaviours in camp programming. Depending on severity of behaviour, camp staff may move to a different step without completing the steps before. Camp Management maintains the right to dismiss campers from camp programming regardless of what step the camper is in of the behaviour management procedure depending on severity of non-tolerated behaviour.

1. **Warning:** Camper will be told their behaviour is unacceptable.
2. **Self-Directed Time Away:** Camper will be asked to take some time away from the group until they are ready to participate according to the behaviour guidelines.
3. **Leader-Directed Time Away:** Camper will be asked to have some time away until the leader decides that the camper is ready to participate according to the behaviour guidelines. A senior staff member will contact the camper’s family to discuss behaviour and steps moving forward.
4. **Camper sent home:** Camper family must pick up their camper.



Camp Technology Policy

We strive to provide a fully immersive camp experience. We believe that the use of technology inhibits the camp experience, and we want camp to be a place where everyone can disconnect from technology, reconnect with friends and experience the full beauty of the outdoors. **As such, Camp Elphinstone is a no-technology environment.** All camp participants, staff, and volunteers are expected to follow our no-technology policy. We ask all campers to leave all technology devices at home, including cellphones, smart watches, iPods, iPads, cameras, speakers, and gaming devices. If you have concerns about not being able to contact your camper, please contact us and we can develop a communication plan that works for you and our staff team.

Camp Commitment

At camp, we recognize that conflict between program participants is a natural and inherent aspect of summer camp programs. It is important to note that we address these challenges through conflict resolution; not conflict elimination. Conflict is a reality in our work and there are multiple stories to each conflict. We take the time to facilitate our participants working through their conflicts with each other in a productive and age-appropriate way. We want to support campers in developing long-lasting conflict resolution skills that will stay with campers throughout their lives. If one of the campers involved in the conflict does not live up to the commitments made through conflict resolution, we then will take steps to remove them from camp programming.

At camp, we also commit to providing opportunities for campers to correct their behaviour, so long as it does not affect the physical or emotional wellbeing of other campers or staff. We want camp to be an environment where campers learn and grow and are supported through challenging social interactions.

Camper Commitment

I want to be a camper at YMCA Camp Elphinstone. I agree to follow "The Ways We Treat Each Other" while in camp programming. I will do my best to make this a great experience for myself and my fellow campers. If I get into a conflict with a fellow camper, I commit to working through it with the other camper and my counsellor. I understand that failure to live up to my commitment may mean that I am sent home from camp. I also understand that by making this commitment, I can look forward to a fair treatment and friendship from my cabinmates, fellow campers, and staff.

Camper Family Commitment

I have discussed the Camp Behaviour Guidelines, Technology Policy and Camper Commitment with my camper and confirm that they agree to cooperate in the camp experience, to follow safety instructions, participate actively in conflict resolution, and refrain from behaviour that is harmful or disruptive to themselves or others. I understand that by supporting this commitment, my child may look forward to fair treatment from their fellow campers and the camp staff. I understand that camp prohibits inappropriate language and behaviour, or the use of tobacco, alcohol, or non-prescription drugs, and acknowledge that their use is cause for my camper to be sent home without refund of camp fees.

I also understand that if my camper is dismissed from camp programming early, myself or an authorized individual is required to pick up my camper from camp within five hours of the dismissal. It is my responsibility to organize transportation for my camper in the event of a dismissal.

Tuck Shop



Our Tuck Shop provides a great opportunity for campers to take home camp merchandise or souvenirs of their camp experience. All campers have an opportunity to visit our Tuck Shop with their group at least once a week. Items you might find in the Tuck Shop include T-shirts, sweaters, hats, water bottles, stickers, and more!

Families can add credits to their CampBrain account prior to the start of their registered session for their camper(s) to spend at the Tuck Shop. If you did not complete this at the time of registration, you can do so by logging into your account. Click "View Details" on your camp session to reach the Registration Summary page, where you will find a Tuck Shop section. Click the "Add Funds" button to purchase credits. Unused credits will be refunded to families at the end of the camp season.

Transportation



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 on your list of individuals authorized to do so in your CampBrain account, and they must be prepared to show government photo identification. If you need assistance adding a name to your list of individuals authorized to pick up your camper in your CampBrain account, please email camp.elphinstone@bc.ymca.ca.

Please be reminded that families indicated at the time of registration whether their camper would be taking the bus to Camp Elphinstone each day or being dropped off by a parent/guardian. 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 camp.elphinstone@bc.ymca.ca.

If you are unable to make the scheduled time pick-up time on any day, please contact the camp office at 604-886-2025. The scheduled arrival and departure times provided for both transportation methods on the next page 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 Car

Your camper must be signed in and signed out with YMCA staff each day at the upper parking lot/Mackenzie Hall. Camp Elphinstone is a three-minute drive from the Langdale Ferry Terminal. Follow the Port Mellon Highway to YMCA Road and turn right. Follow the road until you see the YMCA Camp Elphinstone sign and continue to the upper parking lot.

Drop-off Time: 9:00 a.m.

Pick-up Time: 4:00 p.m.

Travelling by Bus

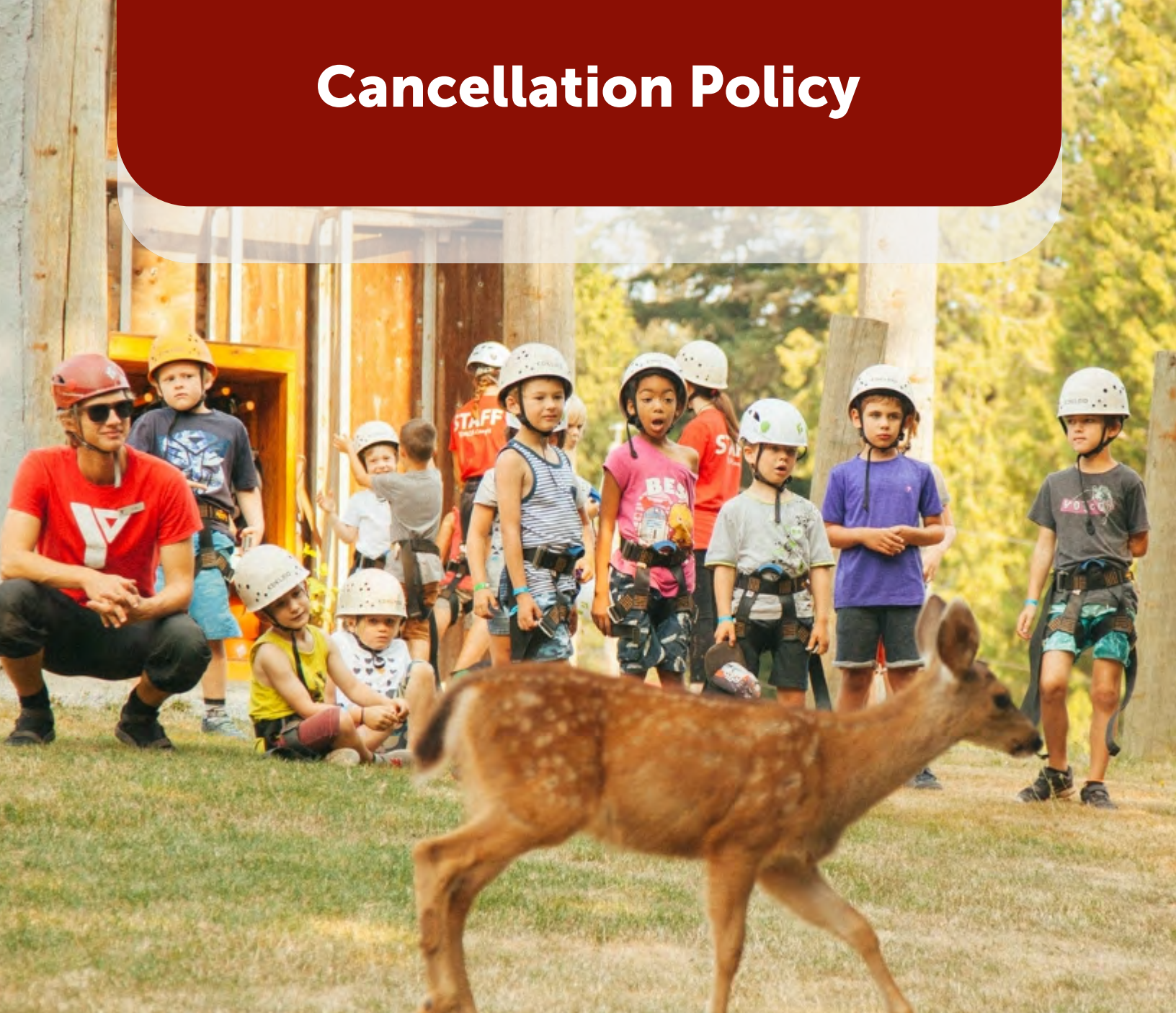
Transportation is provided in YMCA vehicles or school buses. Please ensure you arrive at the bus stop at least 10 minutes prior to the scheduled bus time and allow up to 15 minutes for delays. If you miss the bus, please drive your child to camp and contact us directly at 604-886-2025. Your child must be signed in upon boarding and signed out upon leaving with YMCA staff on board the van/bus.

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.

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 provide notice by email to camp.elphinstone@bc.ymca.ca.

Location	To Camp	From Camp
Halfmoon 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.

Cancellation Policy



Cancellation & Transferring Sessions Policy

- In order to receive a full refund, less the non-refundable deposit, cancellations must be submitted in writing to camp.elphinstone@bc.ymca.ca at least 14 days before the start of the camp session.
- Medical cancellations will receive a refund less the non-refundable deposit. In some cases, a medical note may be required, at the discretion of Camp Management.
- Any changes to registration may be subject to a \$25 non-negotiable administrative fee per session (examples include but are not limited to: changing sessions).
- Refunds will not be issued when a camper is removed from a camp program once in session at the request of the camper or their family, or if they are dismissed from camp for not following behaviour expectations or camp rules.
- The non-refundable deposit for Day Camp is \$50.



YMCA Camp Elphinstone

