



YMCA
Camp Elphinstone

2025 Off to Camp Guide

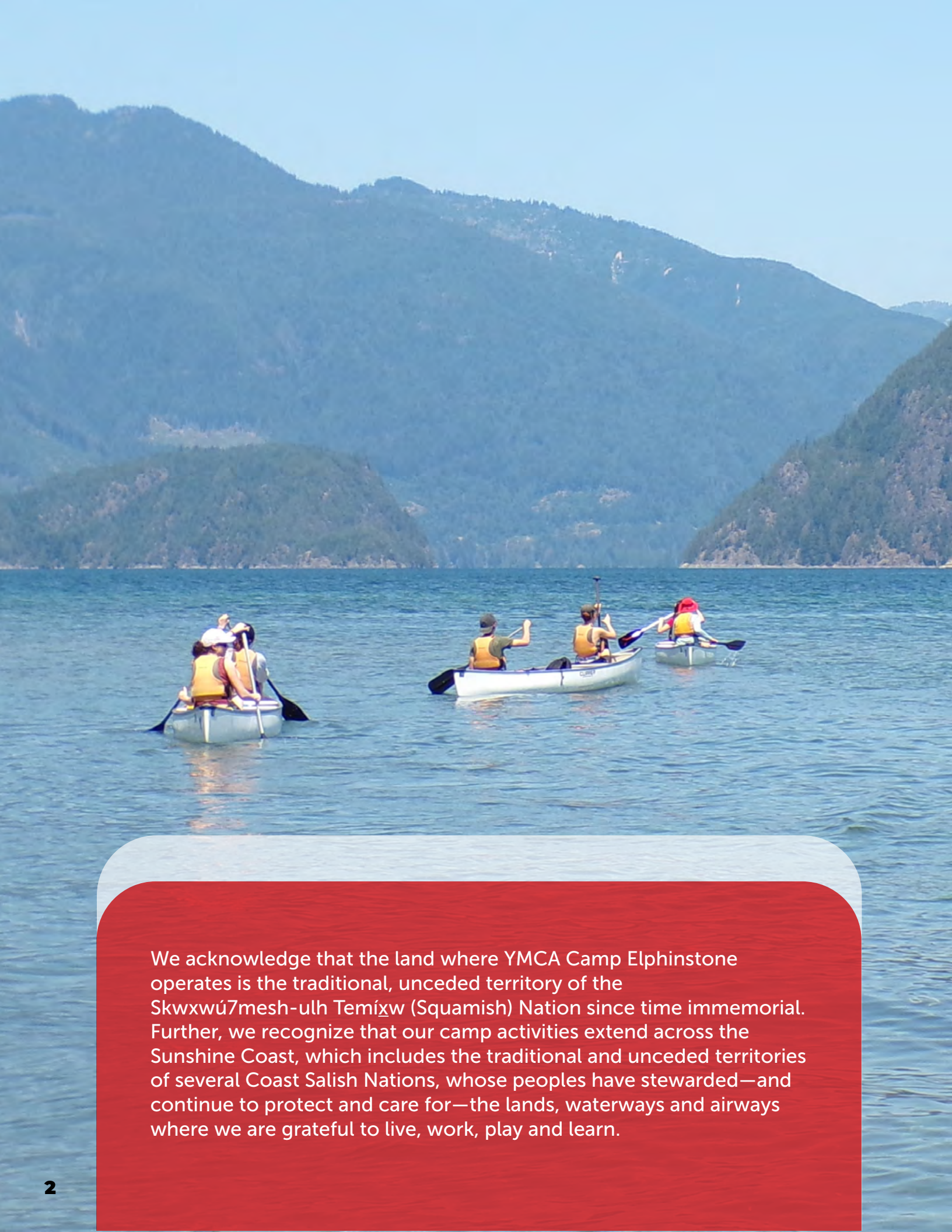
Overnight Camp Programs



YMCA
BC

Shine On



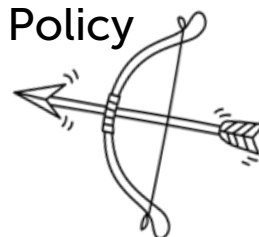
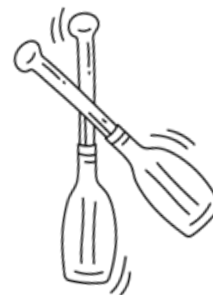


We acknowledge that the land where YMCA Camp Elphinstone operates is the traditional, unceded territory of the Skwxwú7mesh-ulh Temíxw (Squamish) Nation since time immemorial. Further, we recognize that our camp activities extend across the Sunshine Coast, which includes the traditional and unceded territories 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,

Thank you for choosing the YMCA for your camp experience—we're looking forward to an unforgettable summer! This guide is full of important information to help you prepare for your visit and get the most out of your camp experience.

This summer at YMCA Camp Elphinstone, we're focused on building community. Camp provides a place to disconnect from technology and reconnect with each other. While having fun at Camp Elphinstone, campers learn to support each other and contribute to building an inclusive community. This summer, campers can expect a mix of new and old programs, including theme days, land and ocean activities, and campfires before bed! Whether you're here for one summer or many, we're excited to welcome you to the Camp Elphinstone community.

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 sleep in cabins shared with up to 10 people, eat in a large dining hall with hundreds of other campers, 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 this guide will answer any questions you may have, but if you are seeking any further information about your upcoming camp experience, please contact us. Early communication allows us to address any concerns before your child arrives at camp, ensuring an easy transition on the first day. We will communicate with your family prior to the start of your camp session with updates on what to look forward to and expect. We can't wait to see you this summer!

Welcome to YMCA Camp Elphinstone!

Sincerely,

Pete Carson

Director, Camping and Outdoor Ed.
YMCA BC

Madeleine Ghosh-Logan

Manager, Summer Camp
YMCA Camp Elphinstone

Sandford Hubbard

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.

Packing & Preparing for Camp

Packing for camp can be fun! Get your camper involved so they can easily recognize their belongings. Since they'll be away for anywhere from four days to three weeks, it's very important that they come equipped with all the items needed to be comfortable at camp. Please write your camper's name on all of their belongings in case anything gets misplaced. See below for our suggested packing lists.

First Day of Camp Packing List

There are a few items your camper will need with them through the first day of camp. These items will ensure your camper is staying sun-safe and is prepared for activities upon arrival at camp. These items should be packed in a separate, smaller bag that campers will keep with them as they begin their orientation.

Please ensure your camper is prepared with the following items in a separate bag upon arrival:

- Water bottle
- Towel
- Hat
- Water Shoes
- Rain jacket with hood (waterproof)
- Swimsuit
- Sunscreen (minimum SPF 30)





Packing List Based on a One-Week Session

(Please adjust for shorter or longer sessions. See next page for Out-trip and Leadership Development programs packing lists)

Please refer to this list when helping your camper pack their main bag for camp. Old suitcases, duffels, backpacks or laundry bags are ideal for packing your belongings. We do not recommend using expensive luggage. Please DO NOT pack items in garbage bags, as they tear easily and may be mistaken for garbage.

Clothing

- 1 Pair rain pants
- 1 Hat (with brim for sun/rain protection)
- 8 Pairs socks
- 8 Pairs underwear
- 4-5 T-shirts
- 2-3 Pairs long pants
- 2-3 Pairs shorts
- 4 Long-sleeve shirts
- 2 Sweaters or sweatshirts (fleece and wool are great!)
- 2 Sets pajamas
- 2 Pairs running shoes
- 1 Pair rubber boots
- 1 Pair sandals (back straps recommended)
- 2 Swimsuits



Bedding

- Sleeping bag (warm, preferably synthetic fill, compact for out-trips)
- Pillow and pillow case

Personal Items

- Soap and shampoo (**biodegradable*)
- Toothbrush and toothpaste
- Comb or brush
- Insect repellent (no aerosols)
- Flashlight (with extra batteries)
- 2 Beach towels



Optional Items

- Fitted single-bed sheet
- Blanket
- Writing paper or journal
- Stamps and envelopes
- Musical instrument
- Books



**All soap products (shampoo, soap and conditioners) 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 soap products used at camp are biodegradable.*

Packing List for Out-trip and Leadership Development Programs

As additional equipment will be required for campers in our out-trip and Leadership Development programs, please refer to this list when packing.

Clothing

- Socks (enough for session length)
- Underwear (enough for session length)
- T-shirts (3-4 per week)
- 1 Long-sleeve T-shirt
- 1 Pair long johns or thermals
- 1 Pair quick-dry shorts
- 2 Insulating Sweaters or Small Jackets (preferably synthetic or wool)
- 1 Pair lightweight pants
- 1 Pair rubber boots
- 1 Waterproof rain jacket with hood (windbreakers and ponchos are NOT acceptable)
- 1 Pair waterproof rain pants
- 2 Pairs sturdy, closed-toed running shoes or light hiking boots (*See more details on next page*)
- 1 Pair water shoes
- Swimsuit
- 2 Sets pajamas
- Hat (for sun and rain)
- Sunglasses
- Bandana

Required Equipment

- Sleeping bag with compression sack (warm, as compact as possible, preferably synthetic or down-filled, mummy-style bag)
- Headlamp or flashlight (with extra batteries)

- 2 Towels (1 quick-dry for out-trip, 1 beach towel for camp)
- Hiking pack (50-65L recommended)
- Therm-a-rest or sleeping pad
- 2 one-litre water bottles

Personal Items

- Soap and shampoo (**biodegradable*)
- Toothbrush and toothpaste
- Comb or brush
- Insect repellent (no aerosols)
- Flashlight (with extra batteries)
- Menstrual supplies
- Extra garbage bags or ziploc bags

Optional Items

- Personal PFD (camp will supply otherwise)
- Small, travel camping pillow
- Dry bags (10-20L)
- Hydration bladder pack
- Musical Instrument (LDs only)
- Writing paper, stamps and envelopes
- Journal and pen
- Book

**All soap products (shampoo, soap and conditioners) 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 soap products used at camp are biodegradable.*





Medications

- All medications are to be sent to camp in their original packages within a Ziploc bag, clearly labelled with the camper's full name and date of birth.
- All staff and camper medications are locked in a secure space within the Wellness Centre.
- We ask that you give the medications directly to our Wellness Staff at the check-in table on the first day.
- If your child wears a medic alert bracelet, we strongly encourage that they wear this bracelet while at camp and that this information is clearly noted on the camper's medical form on CampBrain.

Out-trip Footwear

- Campers are required to bring two pairs of closed-toed shoes for their out-trip. One pair will be worn during the day and will get wet. The second pair will be kept dry for the evenings.
- A sturdy pair of shoes is to be worn during the day as campers may encounter rugged terrain while portaging or swimming.
- To ensure your camper's safety, we recommend an older pair of sturdy running shoes over thin water shoes. Keen-brand sandals or a similar type are fine, as long as they have adequate toe coverage and a secure back-strap.
- These types of shoes can only be worn as "dry" shoes while on trip. Full coverage running shoes will be required as a designated "wet" shoe.
- Crocs are not considered adequate out-trip shoes.

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 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
- 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
- Expensive and/or smart watches
- 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.



Heat Room



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 warms bags to 60 degrees Celsius (about the temperature of a clothes dryer) which ensures that any bed bugs and/or eggs that may be contained in 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)
- Any electronics, aerosols, candles/wax or food (which should be left at home)
- Medicines
- Photographs
- Rubber boots

All items that should not be heated must be packed in a Ziploc bag and placed at the top of the camper's 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 assistance in making heat treatment an efficient process.

Camp Programming

Arrival Day Activities (Camp 101):

Cabin groups participate in arrival-day activities to familiarize themselves with the Elphinstone community. Once everyone has arrived 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 time to play games and get to know their cabin mates.

Typical Day at Camp

At right is a sample schedule of what your camper's day at Camp Elphinstone might look like. Schedules vary by program and age group. See activity descriptions on the next page.



7:00 a.m.	Optional Morning Activity
8:00 a.m.	Breakfast
8:45 a.m.	Cabin Clean-Up
9:15 a.m.	Cabin Activities
12:00 p.m.	Lunch
1:00 p.m.	Rest & Digest
2:00 p.m.	Skill Blocks
5:00 p.m.	Dinner
6:00 p.m.	Cabin Choice
7:00 p.m.	Evening Programming
8:00 p.m.	Flagpole
8:15 p.m.	Evening Snack
8:30 p.m.	Flush & Brush/Wellies
9:15 p.m.	Lights Out



Cabin Activities

Campers participate in a variety of activities as a cabin, helping to build friendships and develop teamwork. Campers will have an opportunity to experience a wide array of Camp Elphinstone's programs with the cabin groups.

Skill Blocks

Campers choose one land-based activity and one water-based activity to focus on during their time at camp including, canoeing, sailing, archery, high ropes, and more. Campers will meet with their group each afternoon to focus on skill development.

Flagpole

A fun meeting at the flagpole on the main field for an entire camp section. Flagpole meetings may include daily awards, important camp updates, fun skits about evening programs or the weekly theme day.

Evening Programming

Group activities that campers enjoy together, like camp-wide games, campfires or skit nights.

Two-Week Cabin Out-Trips:

Two-week Chapman campers will have an overnight out-trip at one of the many camp-out areas on our beautiful property. Two-week Dakota campers will have the opportunity to go on a short canoe excursion and stay overnight on campsites at a close local island—accompanied by one of our fantastic out-tripping staff!

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. Please note that mountain biking and paddleboarding are activities offered for Dakota campers only. And backpacking/hiking, and canoe trips are applicable to out-trip programs and two-week cabins.

Skill Blocks

Campers choose one land-based activity and one water-based activity to focus on during their time at camp including, canoeing, sailing, archery, high ropes, and more. Campers will meet with their group each afternoon to focus on skill development.

All groups:

- Team Building
- Arts and Crafts
- Outdoor Living Skills
- Waterfront Activities**
- Low Ropes
- Courts and Fields
- Tuck Shop
- Nature Walk

- Section-wide games
- Global Room

Available for Some Groups:

- One-night out-trip (Two-week Chapman and Dakota Cabins)
- High Ropes (age-dependent)
- Climbing Wall (age-dependent)
- Mountain Biking (Dakota Cabins)

***We're pleased to advise that our dock and pier will be accessible for the 2025 season; we are looking forward to using these structures for our waterfront activities this summer.*



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.



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 activities are supervised by staff with a valid lifeguard (NLS) certification. Depending upon their role at camp, many staff possess additional qualifications.

Campers will undergo swim testing; those who complete the test successfully will not be required to wear a PFD/life jacket during swim time.

Our out-tripping staff have Wilderness First Aid, NLS, and FOODSAFE qualifications. While on a trip, out-tripping staff check in with the Summer Camp Manager or designate 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 a safe environment. Complete Health & Safety information can be reviewed by visiting our [Overnight Camp page](#).

24 Hour Supervision:

YMCA Camp Elphinstone provides “24/7” supervision of all campers. Each cabin is led by a pair of counsellors who ensure a high level of supervision throughout the session. Counsellors sleep in the cabin with campers and are available day and night for emergency situations.

Wellness Centre:

Our Wellness Centre serves the health needs of everyone at camp. The Wellness Staff oversee the daily routine of camper health checks, delivering medications and handling incidents or accidents on site. Our Wellness Staff team is 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 condition in the event 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 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.**

Illness at Camp:

Camp is a challenging environment to handle contagious illnesses. For this reason, we work hard to ensure that we are closely monitoring the health of our campers and staff, and to do everything we can to minimize the potential for the spread of illness. It is 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 Wellness Centre. We feel that ill campers will be much better supported at home to make a speedy recovery and return to camp. In addition, having campers with any type of contagious illness recover at home 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.



**Campers Leaving Camp:**

Campers meeting the below criteria will be required to self-isolate and be picked up from camp for a minimum of 48 hours and up to five days:

- Any camper with two or more symptoms related to covid-19 not otherwise explained by pre-existing conditions or circumstances.
- Any camper with a fever.

If your camper becomes ill at camp, it is expected that a family member or emergency contact be available to pick the camper up within six (6) hours of initial contact with camp. We do not provide Covid-19 tests at camp, nor do we accept negative tests as proof to return to camp.

Campers Returning to Camp:

Campers who have been sent home for communicable disease symptoms may return to camp after 48 hours from the time they depart camp, if their symptoms have improved, they no longer have a fever and they feel well enough to return to regular camp programming.

Head Lice:

Upon arrival at camp, counsellors will individually check campers for lice during the first wellness check-in. 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:

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.

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. We will quickly launder any soiled bedding. Please make sure this has been noted as part of your camper's medical information.



Homesickness

The predominant symptom of homesickness is preoccupying thoughts of home. Other symptoms may include being withdrawn, headaches, stomachaches or other body complaints, and crying.

Preparing for a camp experience at home will help prevent homesickness. Here are suggestions of things you can do with your child at home before they come to camp:

- Learn about YMCA Camp Elphinstone with your camper so that they can anticipate what it will be like.
- Talk about the activities we offer and ask your camper what they are looking forward to participating in at camp.
- Go through the sample schedule found in this Off to Camp Guide.
- Arrange a sleepover at a friend's house so your child can experience being away from home.
- Use a calendar to show the amount of time your camper will be away. Predictability and perspective on the length of their stay at camp is important.
- Pack a stuffy or picture of your family to bring with them to camp.
- Before your camper leaves for camp, avoid making comments that may reflect your own anxiety about them 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 during their time at camp. Make sure to give your camper a positive send-off, using a phrase such as "I know 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 camp a chance to change their mind.

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.

Some ways to alleviate homesickness are:

- Packing supplies to write letters home while at camp.
- Sharing their feelings with their friends and counsellors.
- Hugging their favourite stuffed animal.
- Thinking of all the exciting stories they will have to share with family at the end of their session.





How we combat 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 giving campers the opportunity to meet each other and get to know the site. We discuss group expectations and play group games, and we post each group's schedule for all campers to refer to so they know what to expect each day.
2. A Head Counsellor or Supervisor meets with each group within their first 24 hours at 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 be tailored to each circumstance. A Supervisor, Manager or Assistant Manager will call home and let the parents/guardians know what is happening. The purpose of this initial call is to brainstorm coping strategies, and for parents/guardians to 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/guardians and camp staff 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 their camper's experience is a positive and exciting one! Please contact us if you would like more detailed information about homesickness and preparing for camp.

Inclusion at Camp



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.](#)

Inclusion Program

YMCA Camp Elphinstone offers one-to-one support from our Inclusion Counsellors to a limited number of campers. A strong indicator that our Inclusion Program is appropriate for your child is if they receive full-time, shared or one-to-one support in the school system.

If you believe your camper requires participation in the Inclusion Program to have a successful camp experience, please reach out to the camp team to discuss prior to registering your child for a camp session. If, in collaboration with you, we agree that our Inclusion Program is appropriate for your child and we have space available, you will receive a specific registration link. Before your child arrives at camp, the Supervisor of the Inclusion Program will arrange a time to discuss the best ways to support your child at camp over the phone.

While our Counsellors are experienced in supporting children with diverse abilities, they are not educational assistants (EAs), behavioural interventionists, occupational therapists (OTs), etc. All campers must have control of bowel and bladder, the ability to wipe independently as well as listen to basic instructions.

As we are committed to EDIB, we will continue to learn, grow, and strengthen our Inclusion Program as we move forward.

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.

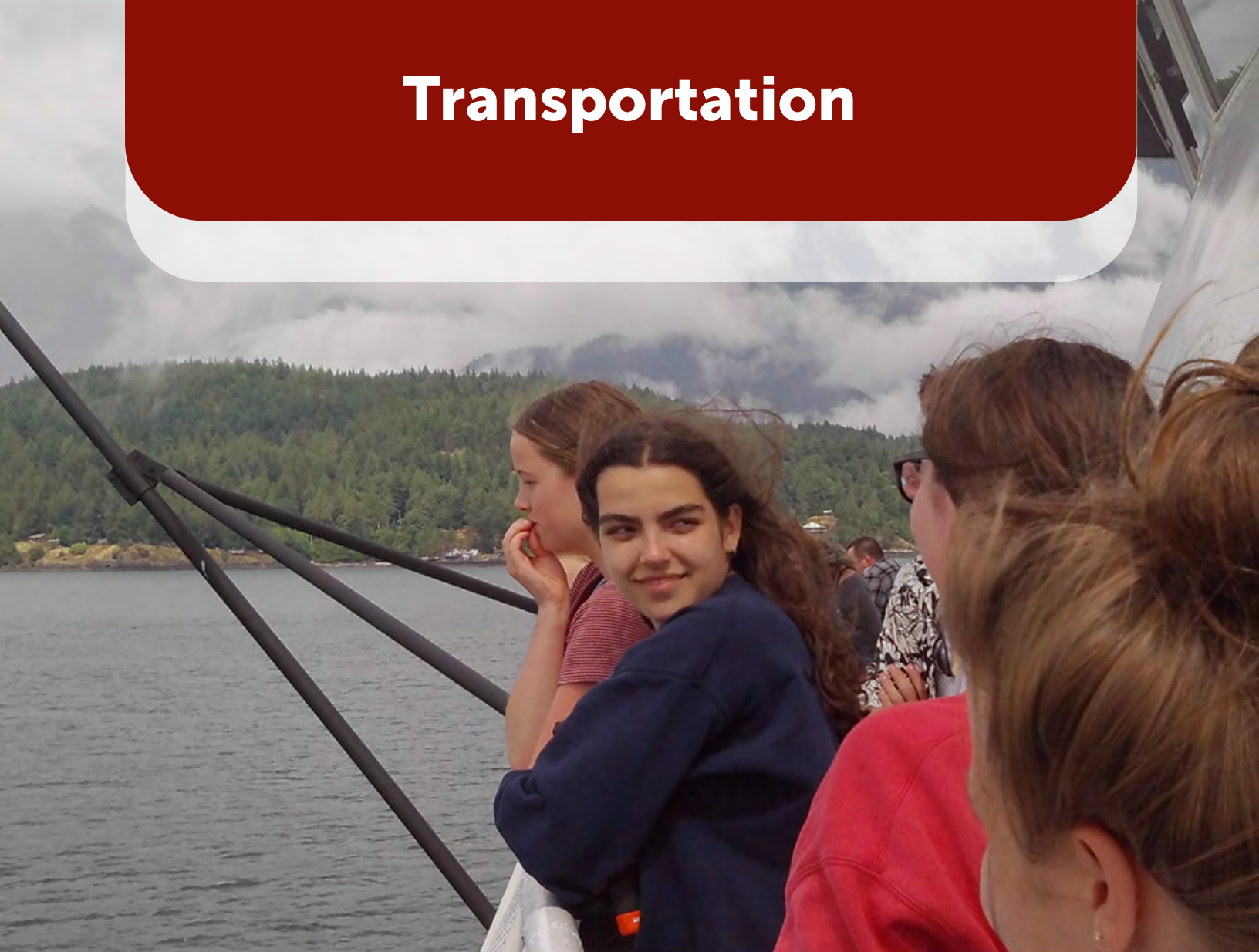
Tuck Shop



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



Reminder: Pick-up and Drop-off preference

During registration, families indicated whether their camper would be travelling to camp via the ferry from Horseshoe Bay or dropped off directly at camp.

If you indicated that they will arrive by ferry, a round-trip fare to and from camp was included in the cost of your registration fee—do not purchase a ticket for your camper. When you arrive at the ferry terminal, please look for YMCA staff, who will direct campers and families to the grassy knoll by the water, right behind the ferry terminal, for both drop-off and pick-up. 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.

If your camper will be dropped off directly at camp, staff will be expecting you to drop off and pick them up at YMCA Camp Elphinstone within the designated drop off/pick-up windows.

For your child's safety, if you wish to change your transportation selection, we require written notification of the change at least five business days prior to the start date of their camp session. Please email camp.elphinstone@bc.ymca.ca to complete this change. If you are unable to make the scheduled time on pick-up day, please contact the camp office at 604.886.2025.



Arrival and Departure

The scheduled arrival and departure times are very important, as they enable our staff to structure crucial first and last days of the session to benefit each camper group. As ferry times are subject to BC Ferries' sailing schedule and may change, the **specific windows for drop-off and pick-up at camp or at the Horseshoe Bay Ferry Terminal** will be confirmed via email at least one week prior to the start of your camp session.

YMCA Camp Elphinstone is a two-kilometre walk or a three-minute drive from the Langdale Ferry Terminal. McNabb campers will be driven from the ferry terminal to camp in one of our camp vehicles; older campers will be led by staff along the walk to Camp Elphinstone.

Parents/guardians are required to sign campers in and out with YMCA staff on arrival and departure. For your camper's safety, only parents and individuals declared in your CampBrain account as authorized to pick up your camper may sign them out. All pick-up persons 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.

Contacting Camp & Cancellation Policy

By Regular Mail:

Everyone enjoys receiving mail, so we encourage you to write to your camper! Mail is picked up daily and delivered by cabin group. Send letters prior to or during the first few days of camp to ensure delivery to One-week campers. Mail arriving after your camper has left will be returned to sender, so please ensure you list a return address! Letters should be addressed as follows:

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

By Email via CampBrain:

A "Letter to your Camper" option is available when logged in your CampBrain account. Once you have composed and submitted your message, our staff will print it out and ensure its delivery to your camper. Please note that there is not an email response option, and that families are limited to sending one letter per camper, per week.

Phone:

Phones are not available for regular camper use. 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. 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.

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 before June 1, 2025.
- Cancellations received after June 1 but at least 14 days before the start of the camp session will be charged a \$250 cancellation fee and the non-refundable deposit.
- Cancellations less than 14 days before the program start date will be charged the full camp fee.
- 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 overnight camp is \$150.



YMCA Camp Elphinstone

