



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2025

Parent and Camper Handbook

Camp Jorn YMCA

13591 Zenner Lane

Manitowish Waters, WI

715-543-8808

www.campjornymca.org



Hello Resident Camp Families!

There is no place like Camp Jorn – a home away from home where kids laugh, learn, explore, and grow in the outdoors, while creating memories and friendships that last a lifetime. We are honored to have your trust in providing a safe and supportive environment for your child. *Our mission is building character, confidence, and community through enriching outdoor experiences.*

At Camp Jorn, caring and professional role models are committed to helping your child build confidence and character. Our Resident Camp program offers exciting and challenging activities that spark creativity, embrace adventure, connect with nature, promote independence and build new skills. Resident Campers get the unique experience of being part of a cabin community where they will live, learn and grow together. The bonds formed through cabin life, evening reflections and wilderness tripping have a depth like no other. Our trained staff members teach campers to love who they are, work as a team and grow beyond their comfort zones.

Parents look to Camp Jorn YMCA as a safe and secure place where children can learn practical social skills and develop positive values. To ensure the well-being of each child, we review our health and safety policies on an ongoing basis. Our staff-to-child ratio also allows our staff to give each camper the attention and guidance necessary to create a positive and safe environment.

This handbook will help both families and campers prepare for your experience at Camp Jorn. Please read through this handbook as your camp resource guide.

We are beyond excited to share the joy of Camp Jorn with your family this summer. Please do not hesitate to send an email or call our camp office if you have any unanswered questions. See you soon for another life-changing summer!

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Our Mission

Building character, confidence, and community through enriching outdoor experiences.

Camp Jorn YMCA Goals & Objectives

The goal of our summer camp experience is for campers to experience personal growth through engaging in challenging activities, while experiencing a sense of supportive community. This experience is rooted in our core values of caring, honesty, respect, responsibility, and personal growth. At Camp Jorn, you will develop growth in our core values, build new and lasting friendships, develop skills in our activity areas, and grow socially within our camp community.

Camp Jorn YMCA's goals, objectives & indicators are:

1. Campers will develop personal growth and higher sense of self while engaging in challenging activities that promote positive risk taking, independence, and opportunity for success
 - a. Campers select own activities for elective times
 - b. Each camper will participate in at least two activities during the week that will personally challenge the camper - such as a chosen class, hiking, outdoor living skills, backpacking, canoeing, or other activity.
 - c. Campers will learn one new skill while at camp while being given the resources & tools to become successful.
2. Campers will learn to make & maintain positive relationships with their peers and friends while building a sense of community
 - a. Each camper will live in a group with other campers either in cabins, platform tents, or yurts. Within these groups, campers will be part of a community-making decisions and keeping the area clean.
 - b. Each camper will participate in a democratic decision-making process in his or her cabin through cabin activity choices.
 - c. Each camper will have the opportunity to create life lasting friendships and positive relationships with others through group living.
3. Campers will learn the YMCA core values to help them become positive well-rounded individuals
 - a. Honesty: Campers will be taught the value of honesty while at camp, to speak and act with sincerity, truthfulness, fairness, and integrity.
 - b. Respect: Campers will be taught the meaning of respect, to show consideration for self, others and the environment
 - c. Caring: Campers will be shown how to care for themselves and others, to provide compassion and understanding and to recognize the goodness in others
 - d. Responsibility: Campers will experience responsibility for themselves, their actions, their belongs, and camp property. They will be taught to do what is right, to be accountable for your behavior and obligations, to persevere to completion
 - e. Personal Growth: Campers will learn to develop in the four personal competencies - compassion, contribution, commitment, and character - in order to discover and to be our best selves

We advance our personal growth goals by providing progression opportunities for all campers based on child

growth and development stages. Campers have the opportunity to pick 3 elective classes that interest them based on their age. Within each elective there are stages of progression for campers to build up their skills to mastery level.

Camper Eligibility

Camp Jorn strives to create programming to be enjoyed by as many children as possible. In everything we do, health and safety are our top priorities. As such we need to recognize the limitations of our facility, programs and staff.

All campers must meet the minimum age requirement for their program and must be able to do the following at a developmentally appropriate level for their age:

- Communicate needs and concerns with others at a conversational level of English
- Understand and comply with directions given by staff
- Refrain from unsafe/harmful behaviors towards themselves and others, including self-harm
- Identify and avoid safety risks
- Feel comfortable living in a rustic environment (no air conditioning, presence of insects/animals, etc.)
- Able to maneuver rough terrain and distances
- Manage the sensory stimulation of a frequently large, loud, and energetic group environment (especially during dining hall mealtime)
- Assume responsibility of personal hygiene, including the ability to use the bathroom, shower, and change clothes independently
- Demonstrate age-appropriate social and emotional skills in managing personal boundaries, relationships, communication, stress, and conflict.
- Ability to participate safely and respectfully within a typical group size of 6-10 peers within the camper to staff ratios listed below:
 - Overnight Campers Ages 8-16, 8:1
 - Leadership Campers Ages 13-17, 10:1

Forms

All forms should be completed using your Camp InTouch account by the May 16th deadline. Camp Jorn needs to have all the current medical and behavioral information about your camper before they arrive. We keep all forms confidential and share information only on a need-to-know basis with our staff. All forms can be found in your online Camp In Touch account. Most forms can be filled out online in your account. For those that are not fillable online please download, complete, and submit all forms by uploading them to your account. You may also mail hard copies of the forms to camp if you are unable to upload them. Your camper will not be allowed to attend camp without these signed and returned forms.

1. ***Health History Form & Immunization Record:*** *(A copy of your child's immunization record may be faxed to 608-901-0593) The information on this form is gathered to help us provide safe and appropriate health care. This form must be completed and electronically signed by a parent or adult guardian of a camper under age 18. ****Please note that if your child has a history of Anaphylaxis,***

Asthma, History of Seizures or has been diagnosed with Diabetes, or other concerning conditions you must contact Camp as soon as possible to discuss your camper's history and treatment.

2. ***Resident Camp Letter to the Counselor:*** The information that you share with us on the Resident Camp Letter to the Counselor helps our staff to better understand your camper's individual needs, special challenges or concerns, and how we can help your camper grow in his/her time at camp. The information on this form is shared on a —need to know basis. Please be open in sharing any information that our staff should know in order to successfully work with your child. On the back of this form there is a section for your child to share his/her thoughts, feelings, or concerns. Please help your child complete this section so that his/her counselor can get a feel for your child's interests or worries as he/she comes to camp
3. ***Resident Camp Release Form:*** The Resident Camp Release Form informs us who is authorized to pick up your camper from both the bus stop and here at Camp Jorn. Please note that campers will not be released to anyone under the age of 18, anyone suspected of being under the influence, and anyone without a valid photo I.D. card.
4. ***Transportation Form:*** This form informs us how your camper will arrive to and depart from Camp. You will have the option to choose from car or bus. If you select bus as your mode of transportation you will select your bus stop here. You are encouraged to complete this form ASAP as spaces on the buses are limited.
5. ***Front & Back Copy of your Health Insurance Card*** We do require a front and back copy of your camper's health insurance card to be stored on file. All campers needing services performed in town at the hospital/clinic are required to handle payments through the unit or family insurance policy.
6. ***Camper Photo:*** Please upload a current photo of your camper. This photo allows us to recognize your camper and will assist us in the case of emergencies

Please let us know if you have any questions or problems with the online forms or your Camp InTouch account. You can call the office at 715-543-8808 or email jenn@campjornymca.org for additional assistance.

Payment Information

You will choose your Resident Camp payment preference at time of registration.

Deposit: A non-refundable \$150 Resident Camp deposit is required to be paid via credit card at time of registration. Scholarship applicants are charged a refundable deposit of \$50.

Pay As You Go: Feel free to pay at your leisure. We will automatically charge the card on file if an outstanding balance remains after 5 PM on May 30th

Installment Plan by Credit Card:

I authorize my credit card to be automatically charged equal installments (please note that installment amounts re based on the date of enrollment) on

- Installment plan #1 due 1/31/25
- Installment plan #2 due 2/28/25
- Installment plan #3 due 3/28/25

- Installment plan #4 due 4/25/25
- Final Payment due 5/30/25

The balance of your fees is due on May 30, 2025. We'll automatically charge the card on file if an outstanding balance remains after 5 PM.

- We accept checks, money orders, Visa, MasterCard and Discover.
- Please make checks payable to Camp Jorn YMCA. (There is a \$25 fee for all returned checks.)
- Make your payments directly online via your camp in touch

account

<https://campjornymca.campintouch.com/v2/login/loqin.aspxonline>

- Or mail payments

to:

Camp Jorn YMCA

13591 Zenner Lane

Manitowish Waters, WI

54545 Attn: Camp Registrar

Scholarships

Camp Jorn Scholarships: We give scholarships to families of all shapes, sizes and income levels- so if you need assistance with the fee- please apply! We'll work with you to determine the scholarship amount that is right for your situation. If you wish to be considered for a scholarship, you must first fill out an online camper application and return your Scholarship Application with a \$50 refundable deposit per camper (Please note that this is not an extra fee. This amount is applied towards your overall camper balance). Once both forms have been received, we will call or email within 2 weeks to discuss your application.

How much can I expect?

- Scholarships will be granted based on financial need, household income, and other factors. Family income will be used as initial eligibility criteria.
- Camp Jorn believes a strong sense of ownership and pride is developed when scholarship recipients contribute to the cost of their camp experience. Therefore, applicants will be asked to pay a portion of the camp fee. We request each scholarship applicant to provide a \$50 deposit towards their camp fee when you register. If you are unable to provide a deposit, please contact the Camp Office at 715-543-8808. (Please note that this is not an extra fee. This amount is applied towards your overall camper balance). The deposit is refundable if you do not accept the financial assistance offer
- Scholarships may also be provided to a child whose school behavior, social interactions, family situation, or life experiences indicates a need for a Camp Jorn opportunity. In this case, if the family income exceeds our criteria, financial assistance may still be granted.
- Financial assistance will be granted for only one camp session per participant.
- Please note that Camp Jorn awards a limited number of full scholarships per year. Campers typically receive between 10-50% off of their camp fees.
- Applications will be processed as they are received, and the financial assistance award amount must be accepted and agreed upon before we finalize the camper's registration. You will be notified by email regarding the financial assistance award amount, and you must reply that you accept or decline the

financial assistance. If you are not satisfied with your financial assistance award amount or if financial assistance is not granted, you may contact us, cancel your deposit and all paid fees will be refunded.

- All scholarship applications are kept confidential and non-management camp staff are not aware who attends camp with financial assistance
- All accounts must be paid in full by May 30th pay in full date.
- Financial assistance is awarded on a first come first served basis until April 14th, 2025, or until all scholarship funds are depleted.

Required Information

1. Complete an [online camper application](#)
2. Completed [financial assistance application](#)- Applications will be accepted until April 14th, 2025
3. Provide proof of your current financial situation. This can include a copy of your 2024 Federal Tax Form- first two pages of Forms 1040 or 1040A (Self-employed individuals must include Schedule C), a copy of your child's free/reduced lunch letter for the 24/25 school year, or two recent pay stubs for each parent/guardian in the household

Refunds/Cancellation/Changes Policy

We understand that things change in your life. Any changes that need to be made to your camp schedule need to be made in writing to our camp office. We will try to accommodate these changes based on availability.

- The \$150 deposit is non-refundable.
- The balance is refundable if cancelled at least 4 weeks before your camper's session start date, exceptions may be made for medical reasons
- In the event of cancellation due to misconduct or homesickness, Camp Jorn YMCA will retain 100% of the session fee.

Arrival/Departure from Camp

Opening Day if arriving by car:

- Campers may arrive between 1:30-2:30 pm on the opening day of the session. Please do not arrive before 1:30 pm as staff are still preparing for your arrival.
- Please have your camper eat lunch before arriving- as dinner is not until 5:30pm.
- If you are unable to check in during the posted times, please call us to arrange a time. If you do not show up on the day of check-in, we will call you to verify your participation
- On arrival day you will be greeted by staff and directed through the check-in process.

If arriving by bus:

- Pack a lunch and a full water bottle for your camper's trip up to camp. Please note that camp is a

peanut/tree nut aware facility where we restrict tree nuts/peanuts and that includes on the bus.

- Turn in any medications to the staff member or volunteer at your bus stop.

Closing Day

If picking up your camper at camp:

- Campers may be picked up between 9:30 am and 10:30am.
- You will check out with our camp staff at the dining hall.
- Please be prepared to show a photo ID and to sign out your camper.
- If you need to pick up your child early, please contact the office at 715-43-8808 or email jenn@campjornymca.org in advance to make arrangements.

If camper is departing camp by bus:

Camp Jorn YMCA provides lunch for all campers returning home by bus. Please see bus schedule for more details on times.

Bus Information

Bus service is available from 4 locations between Illinois and Wisconsin. Please use the transportation form during the registration process to select the best location for you and your family. There is a fee of \$95 one way per camper. Campers will be supervised by camp staff during their travel to and from camp.

****Please note that no refunds will be given for cancellation of scheduled bus transport fees within two weeks of departure.**

Check-in at the Bus:

All Camp Jorn YMCA staff will be wearing a staff shirt to help you identify them.

- At check-in, campers will load their luggage onto the bus. Please clearly label all luggage with their first and last name on the outside of the luggage. Please do not pack any medication in luggage.
- Once luggage has been loaded, campers may be checked-in and board the bus.
- A PG rated movie may be shown on the bus.

Check-out:

All campers must be signed out by an authorized parent/guardian/adult and be released by the Camp Jorn staff at the proper location. Campers being picked up by an adult other than parent/guardian, must have submitted the authorized person in writing to the camp office prior to check out day.

Bus Departure/Arrival Sites and Schedule (AD. 5)

Please enroll your camper for the bus at least one month prior to the start of their camp session.

This schedule assumes that we will have two buses to work with – when only one bus is required, there will be greater waiting times. We depend on you to arrive at posted check in times for best results. Every effort has been made to estimate bus travel times. However, sometimes travel circumstances are

beyond our control.

Locations

Gurnee, IL: Warren Township Highschool 500 North O'Plaine Rd., Gurnee, IL 60031

Kenosha, WI: Kenosha YMCA 7101 53rd St., Kenosha, WI 53144

DeForest, WI: DeForest Park & Ride 5012 Elephant Trail, DeForest, WI 53532

Stevens Point, WI: P.J. Jacobs School 2400 Main St., Stevens Point, WI 54481

A cell phone number must be provided on the release waiver for people responsible for transporting the camper to/from the bus location.

To Camp Schedule

Bus Stop Location	Check-in	Bus Departure
Gurnee, Illinois	7:30a.m.	8:00a.m.
Kenosha, WI	8:30a.m.	8:45a.m.
DeForest, WI	10:30a.m.	10:45a.m.
Stevens Point, WI	12:15p.m.	12:30p.m.
Camp Jorn YMCA	Arrives approx. 2:45-3:00p.m.	

Camp will use email and/or Facebook to inform parents regarding any changes that would affect camp pick up or drop-off time or location. Significant changes or emergencies will also be communicated via phone calls.

Luggage Tips

1. Campers will pack their luggage under the bus in the luggage compartment. Labeling the outside of their luggage will help them identify it more easily.
2. One small backpack or bag is allowed on the bus. This should have the camper's lunch, a full water bottle and snacks for the day.
3. Do not pack ANY medications in luggage. Medications should be in the original container with a current prescription on it. Turn in medications at bus check in. Put it in a zip lock bag with your camper's name on it and give it to staff at our check-in area. Note** Campers with Asthma: Have one prescribed inhaler with your camper on the bus, turn in an extra inhaler at bus check in.
4. ELECTRONICS OF ANY KIND ARE NOT ALLOWED ON THE BUS OR AT CAMP. Please leave them at home. If campers are found with electronics at camp or on the bus, they will be confiscated and held in the office until the end of the session. Camp Jorn is not responsible for lost, damaged, or stolen electronics, or any items.
5. Luggage to Camp Should:
 - Be a large duffel bag or other type of soft-sided luggage. No trunks, please.
 - Be identifiable with a luggage tag or full name written on the exterior.
 - Fit under the bunk which is 16" high.

****All personal gear is brought at your own risk. Camp Jorn YMCA is not responsible for lost or broken items. Please do not send them with new, expensive items or items that are irreplaceable!**

Contact Information for Changes/Emergencies

Camp Office 715-543-8808

Email Jenn@campjornymca.org

Expectations for Bus Service

Staff Expectations

1. Buses will always have staff on board to supervise campers. Supervisors go through orientation during staff training regarding bus transportation and assisting parents and campers at stops.
2. Bus staff will assist campers during the bus ride (getting seated, roll call, playing a movie, answer questions, help with lunches, etc.) Let your camper know staff is there to help!

Parent Expectations

1. Parents are responsible for supervision of their camper until they are fully checked onto the bus.
2. Please have your ID with you for smoother check-out.

Camper Expectations

While riding the bus campers are advised of the following safety policy. Please share with your camper:

1. Have fun on the bus while staying safe
2. Always listen closely to staff/driver instructions
3. Stay seated unless using the bathroom
4. Always respect the driver
5. Respect those around you
6. Take care of your own garbage
7. Think of the great times you're going to have/just had at camp!!

Camp Communication- Parents to Campers

Camper Mail:

If you would like to send your campers letters or packages, we encourage you to! It is okay to send packages to your camper. We do highly recommend though that if you send a treat for your campers to include enough for the whole cabin. It is very exciting for them to be able to share with their cabin mates. Please do not send products containing nuts.

In recent years (particularly with the increased popularity of services like Amazon), the number of packages sent to camp has increased, and it can often be overwhelming for campers to receive so many packages. **Please try and refrain from sending more than 1 package per week/per camper.**

Encourage your child to write letters home from camp by including a self-addressed stamped envelope in their luggage. Receiving positive and encouraging notes from you from home helps campers feel secure during their stay with us. You may leave letters at camp during check in for us to distribute throughout the week.

You can mail letters and or packages to camp:

CAMP JORN YMCA

ATTN: (CAMPERS NAME &

Emailing letters to campers: CampStamps

CampStamps are credits that allow you to send a one-way email to your camper using your CampInTouch account. To use the CampStamp system, you will need to purchase "CampStamps" from your CampInTouch account. Please note that the CampStamp system is administered through CampInTouch, and the associated fees are generated by and paid directly to CampInTouch, not Camp Jorn. If we could make it free - we would, but CampMinder charges for the system! You can always write to your child at camp the old-fashioned way for just the cost of a stamp. To contact Campminder regarding this service please call 303-444-2267.

If you are interested in emailing your child via CampStamps

- **Log into your [CampInTouch account](#).**
- **Register your credit card** at the bottom of your CampInTouch account screen, in the section called "Credit Card for Email & Photos." Please note: If you are currently using a credit card to pay your tuition bill, the card you have on file under "Financial Management" is not automatically applied to the "Credit Card for Email & Photos" section. You will need to re-enter your card info (or use another card, if you prefer).
- **Scroll down to "Your Account - Camp Stamps."** If the number of stamps is listed as "0," click on "Buy More." If you receive a message saying, "You do not have a credit card on file," continue to Step 4. Otherwise, proceed to Step 6.
- **Close the alert window and scroll** to the bottom of the menu page.
- **Click on "Credit Card for Email & Photos."** Enter credit card info.
- **Click the "Camp Stamps" link on the menu page to purchase Camp Stamps.** CampStamps are available in packages of 10, 15, 20, or 30. One stamp is required per letter. Camp stamps carry over from season to season, and can be shared with friends and family.
- **Once stamps are purchased, return to menu and select "Email."** At this point, you will have the option to type a one-page message to your camper. (If you have multiple campers, you will need to submit individual letters for each.)
- **Submit your message.** Once your message is submitted, our office staff will be alerted, and your message will be printed, folded (not placed in an envelope), and delivered with our daily mail distribution. If you wish to submit a sealed letter, you should do so via regular mail.
- **Please Note: Our cut-off time for same-day letter delivery will be 10 am, so that emailed letters may be distributed along with our daily "snail mail." Any email letters received after 10 am will be printed and delivered the following day.**
- **Please note that this service is only available one way. Campers will not be able to respond to your e-letters.**
- **Note: while we do not refund parents for unused CampStamps, they carry over between seasons, so any unused stamps will be available for future use.**

Helpful Communication Tips:

- Remember that one of the reasons your camper is at Camp Jorn YMCA is to build independence and confidence.
- Mail will be held while campers are on trip and will be distributed upon return from their trip.

- Letters
 - Be positive and encouraging.
 - Ask a specific question about their experience- maybe they will write you back!
 - What has been your favorite activity so far?
 - Tell me about your counselor.
 - What's your favorite camp meal?
 - Help alleviate homesickness by focusing on what they are doing here at camp, not dwelling on how much you miss them. It is much more important for them to know how proud you are of them coming to camp.
 - Include a picture
 - Share something you learned while your camper was away
 - Camper's will not have access to a phone or computer while at camp, so encourage them to write letters home or to journal while they are here.
 - Include stationery, writing utensils, addressed envelopes, and stamps to help ensure your camper writes home
 - **Please note that we do not forward or return any mail that arrives after your camper leaves. There is no mail delivery on weekends or closing day.**
 - **We recommend sending it at least a week early to ensure it has plenty of time to arrive**
- Care Packages
 - Care packages are a great opportunity to send activities and games the cabin can do together (card games, board games, books, stickers, tattoos, and puzzles all make great care package additions).
 - Please do not send any food that contains nut products.
 - There is a maximum number of 10 campers and 2 counselors per cabin.
 - **Please keep care packages to 1 package per child/per week. Please note that we do not forward or return any mail that arrives after your camper leaves. There is no mail delivery on weekends or closing day.**
 - **We recommend sending it at least a week early to ensure it has plenty of time to arrive**
- There are many ways to communicate with your camper, but if you have any questions for us while your camper is here, please remember that families are welcome to call the office. Our Camp Registrar, Jenn Davis, is happy to have a conversation with you about your camper's experience and check in on your camper at any time.
- Before They Go
 - Talk with them beforehand about how much or little they'd like to communicate with those at home while they're at camp. If they'd like to write you letters, help them stamp and address envelopes they can bring. Whether you choose to write a handwritten letter, send an email, or wait until after camp to reconnect with your camper, your camper will surely have lots to tell you about their time at Camp Jorn!

Camper Photos

To see photos of your camper, visit our website www.campjornymca.org and click on Connect with Camp Jorn. Access to camp photos is free at campjornymca.smugmug.com with the password **cjbear** for all galleries.

Please note that we do our best to take pictures of all children while they are camp. Here are a couple of FAQ's regarding pictures.

- My child isn't smiling. Are they having a good time?" Well, most people aren't smiling 24/7! If you're truly concerned, give us a call, and we'll be sure to check in with their counselors to give

you a quick update on your camper.

- "I don't see a photo of my camper!!!" During our busy camp days, we strive to capture as many moments as possible, but we cannot capture everything. Some campers also are fantastic at spotting our camp photographer and hiding. If you do not see a photo of your child after day three, please email us at: jenn@campjornymca.org and I will be happy to check in on your camper
- Our waiver on our camper application states, "By checking YES in this box I give my permission to Camp Jorn YMCA to use, without limitation or obligation, photographs, film footage, or tape recordings that may include my child's image(s) or voice(s) for purposes of promoting or interpreting YMCA programs." If you're not OK with the previous statement, please send us a written note that states otherwise at jenn@campjornymca.org

Phone Calls

In this time of instant communication, we know it is difficult as a parent to not be in touch directly with your camper while they are here with us. We know that the camp experience is enhanced when children can unplug from their devices and truly enjoy every moment of their time here, and not experience the "FOMO" or fear of missing out syndrome. For this reason, cell phones are not allowed at Camp Jorn YMCA for our campers. **Please do not tell your camper they will be able to call you while they are here.** Promises like this can increase and worsen feelings of homesickness and cause problems for your camper. If a problem arises for us here at camp, we will be sure to phone you right away.

Lost & Found

Lost and found items will be displayed on picnic tables in front of the Program Center. When you check your camper out, please feel free to check here for any items lost. All lost and found items not claimed within two weeks will be donated to a local charity. You will be charged for the return shipping for lost and found return requests unless you can arrange a local pick-up. To help avoid unclaimed items, please mark your camper's belongings with their first and last names. If items found are labeled, we will not typically contact families directly to claim – you are responsible for contacting us if you would like the item returned.

Homesickness

Homesickness is a perfectly normal and understandable feeling for campers to have while they are at camp. It is a normal reaction for any of us to feel as a result of being separated from our normal comforts of home and family. Homesickness varies in intensity for all of our campers and even our staff. Many campers feel the symptoms of homesickness for the first day or two of being here at resident camp. For most these feelings subside with only a few campers experiencing prolonged, more intense feelings of missing home.

Homesickness usually presents itself as sadness, crying, and mild anxiety about being away from family members. Our staff are well trained to help your camper through homesickness and quickly recognize the symptoms and implement strategies to alleviate these negative feelings. Campers may express their homesickness to you in a letter early in the session as they transition to their new experience. This is nothing to be overly concerned about. If we continue to notice your camper struggling through homesickness, we will call immediately to have you assist us in resolving the issue for your camper.

The last element of homesickness is your own response as a parent to your camper coming to camp. We know you will miss them as much as they will be missing you. It's important to recognize your own feelings

and ensure you do not pass on your own anxieties to your camper when they come to camp. For example, instead of saying, "I'm going to miss you so much" say, "I can't wait for you to get home and tell me all the awesome things you do at camp this week."

Visitors at Camp

Family visits at Camp Jorn are always appreciated; however, they are not allowed during your camper's session. To arrange a tour before your camper's session begins, please contact our registrar, Jenn Davis, at 715-543-8808 or via email at jenn@campjornymca.org.

Health Care at Camp

We have volunteer nurses and doctors at Camp Jorn the majority of the summer and a Camp Director with advanced first aid on site all summer. They oversee our healthcare operations on camp including general care and medications. Our goal is to keep your camper healthy and experiencing all camp has to offer them. If your camper becomes ill or injured, our health care staff will evaluate and treat your child within our treatment procedures. Our health care team will contact a parent if your camper experiences any of the following:

- Remains in the health center for 6 hours or longer or overnight
- Needs to be evaluated by a physician, dentist, or outside health professional
- Is going to the emergency room (Campers will always be escorted by Camp Jorn staff even when transported by ambulance)
- Obtains an injury to the head, back, eye, mouth, or cut that may leave a scar
- Has a temperature greater than 100 (degrees Fahrenheit)

****Please note that if your child has a history of Anaphylaxis, Asthma, History of Seizures or has been diagnosed with Diabetes, or other concerning conditions you must contact Camp as soon as possible to discuss your camper's history and treatment.**

Insurance

Health and accident insurance coverage for each camper is the responsibility of the parent/guardian. You will be billed by the medical facility or camp for any medical/prescription charges incurred on your camper's behalf for reimbursement to camp. We require a copy of your health insurance card to accompany the health history form.

Medications:

1. Prescriptions: Only those prescription medications prescribed by a physician will be administered. All medications must be in the original pharmacy container.
2. The correct name, date, and instructions must be on the bottle. Expired medications will not be accepted.
3. We will NOT administer medication that is improperly labeled or not prescribed by a physician.
4. We have over-the-counter medications which will be provided to campers and staff as needed under our procedures for health care provided by our consulting physician.
5. All medications will be turned in at check-in and will remain in the nurses in our health center and will be administered by one of our wonderful camp nurses.

*****NOTE: Any unused prescriptions will be returned to the camper's authorized pick up person on the morning of closing day.**

Epi Pens

If your child requires an epi pen, please provide two non-expired epi pens- one for your child to carry with them and one for the nurse to keep in the health center.

Camp Life

At Camp Jorn YMCA we create a safe space for acceptance and participation for everyone regardless of age, gender identity, sexual orientation, race, religious affiliation, immigration status, ability, or national origin. We believe that all kids deserve a camp experience and will make every reasonable effort to meet the individual needs of all our campers.

Cabin Groups and Housing

Campers are assigned to cabin groups of 8-10 campers with two staff members serving as their counselors. Campers are grouped by age, gender identity, and the program they are registered for. In the case of non-binary gender identity, families will be asked to select a cabin gender in which their camper will feel most comfortable for that session. We have a variety of lodging used by our campers that includes, cabins, yurts, and platform tents. Camper groups are assigned to them based on program, session length, and age of campers. All campers have their own bunk and storage area to call their own while at camp.

Cabin Mate Request

Making new friends is an essential goal of the camp experience and cabin assignments are carefully put together to create a positive camping environment for all. You may request one cabin mate for your camper through your registration form. The request must be mutual from both families, and campers must be within 1 year of age/grade and have the same or compatible gender identity. No requests are guaranteed. Please submit your request in writing at time of registration. Campers must be in the same program and session to be housed together.

Bathrooms and Showers

Our "KYBO" is a modern bathroom facility with bathrooms and showers for campers to use. Many cabins for our younger campers, have bathrooms with showers located inside the cabin. Some housing requires an outdoor walk to the nearest location—remember to pack a flashlight. We will let campers know the nearest bathroom and shower locations once you are at camp. All showers and bathroom stalls have doors or curtains. It is a good idea to pack a shower caddy that is carried from the cabin to the bathhouse/showers, as well as shower shoes.

Bedwetting

If your camper periodically experiences bedwetting, please tell us about it in the Letter to the Counselor so we can discuss it with the bunk counselors ahead of time. We can accommodate children that wet the bed on occasion. Your child should provide their own pull-ups, and they can change into that at night however they are comfortable. Some children keep them in their suitcases and change into them in the bathroom when brushing their teeth. Other children can keep their pull-ups in the health lodge and change into their pull-ups in their private bathroom. We often urge children to wake up a staff member and a buddy in case of a late-night bathroom visit. If they have an accident, our staff follow a specific protocol for the child's privacy and wash their bedding in the health lodge. You can assure your camper that their counselors will be supportive,

understanding and kind around these situations, and it is something we deal with all the time! There's nothing to be embarrassed about — the more open you are with your counselor, the more they can help in getting clean sheets & clothes, or anything else you need.

Meals

Campers eat most of their meals in our dining hall family style as a cabin group. Cabin groups take turns being "hoppers" where they help set up and clean up the tables. Our menu is nutritionally balanced and designed to appeal to most appetites. Along with entrees, we have a full cereal and fruit bar for every breakfast and a full salad bar for lunch and dinner. If your camper has specific dietary needs (dairy free, gluten free, food allergies, etc.) while at camp, please contact the camp office 30 days before your camper arrives so we can work together to make accommodations.

Swim Evaluations

All campers will be asked to take part in our swim evaluation on their first afternoon at camp. Campers come down to the waterfront area with their cabin group and are asked to jump in the lake, swim 2-4 lengths and tread water. If campers know that is unattainable for them, they are asked to jump in the shallow section and blow bubbles. Our staff is very well trained to help children who are uncomfortable or afraid in the water, and we have excess lifeguards on duty for evaluations. We will not force anyone to take the swim evaluation. Campers are designated as non-swimmer, beginner, intermediate, or advanced swimmers, and are restricted to how deep they may swim based on that level. We have a shallow swim section where most campers can touch, and life-jackets available at the swim docks, so all levels can enjoy the water.

Camp Store (Trading Post)

During their time at camp, your camper will be able to visit the Trading Post, our camp store. Trading post has many items such as t-shirts, sweatshirts, water bottles, stickers, hats, mugs, flashlights, and more. Please note that a set limit is made on how many snacks can be purchased daily. A store deposit of \$40-\$60 is recommended for every week your camper is here. Refunds are issued to campers with \$10.00 or more remaining in their account and are made in the fall. Please let your camper know how much you have put in their account and discuss with your camper how to "make it last" for the whole week. You can log into your camp in touch account and add funds throughout their stay at camp if you would like. **Campers should not have cash with them.**

To deposit \$ into the store account log on to your: [CampIn Touch account](#).

- Scroll down to the section titled **Your Family**.
- Click **View Camp Store**
- To the far right of each camper's name click the button labeled 'fund'
- This will prompt you to enter the desired amount and then you'll click 'fund account' which appears on the bottom right of the new window.
- ****If you have more than one camper and enter the same amount in each account within a few minutes you may get a "declined" transaction because your credit card company thinks it is a duplicate transaction. Try entering a different amount for example, if you entered \$20 on Julias enter \$20.50 in on Saras!**

Activities (AD. 33)

When campers arrive at Camp Jorn, they will have the chance to sign up individually for the class activities they will participate in during the week. Here they will develop new skills and make new friends outside of

their cabin. Most campers will rotate through 3 class activities each morning. If your camper is signed up for a specialty class or camp, this is the time they will participate in that activity, as well as the other activities available. Below is a list of potential choices for your camper. Our staff members also develop new classes throughout the summer.

Campers also participate in cabin activities each afternoon. The campers decide as a cabin group what activities they would like to do during their session.

Each night, all camper groups gather in the amphitheater for our Evening Campfire. During this time we sing songs, share performances, and play an all-camp game or activity.

After campfire, campers retreat to their cabins for an evening of reflection called Today Talks. Counselors lead campers to reflect on their day, their week, and their lives through discussion about our core values like caring, honesty, respect, responsibility, and personal growth.

****THERE ARE A LOT OF CAMPERS TRYING TO GET INTO THE SAME ACTIVITIES. If your camper does not get what he/she wants this year, encourage them to try again the following summer. Some activities are restricted based on swimming ability and age.**

Activities include but are not limited to:

- Swimming
- Archery & Hatchet Throwing
- Crafts
- Canoeing/Kayaking
- Sailing
- Nature & Ecology
- Drama & Dance
- Sports & Field Games
- Fishing
- Biking
- Air riflery/slingshots
- Tubing
- Waterskiing (Requires registration prior to attending CJ)

Overnight Campouts and Trips

All campers will participate in at least a one-night camping trip with their cabin group. Explorer, TEVA, LIT, and CIT campers will participate in multi-night trips. Trip length and location is determined by camp session and age.

For camp programs that include overnights or trips, the type, length, and destination are selected for each cabin group based on age, ability, and weather forecast. Younger campers stay on sites that are on Camp Jorn property such as Club CJ and Fox Island. Our older campers will often canoe to a nearby DNR site for their overnight camp experience. 2-week campers may head out for a 2- or 3-day trip over the middle weekend.

Leadership Campers, which include TEVA, LIT & CIT, head out for a 3 to 6 night trip (length progresses with programs) and may travel a few hours from camp to their destination to backpack or canoe! Potential locations include the Turtle Flambeau Flowage, Porcupine Mountains, Namekagon River, Northern Highland Forest, Manitowish River, Superior Hiking Trail, and more!

The overnight or trip experience means your camper will be sleeping outdoors in a tent for one or more nights during their time here. We always have your camper's safety in mind, and we take all necessary precautions when we send out trips to their campsites. All trips are led by well-trained and experienced trip leaders.

Camp Jorn believes trips provide an unparalleled educational and developmental benefit to campers. Trips help kids learn about themselves, connect with nature, overcome adversity, and work together as a group in a way few other experiences can facilitate.

Camper Behavior and Discipline

Behavior Management Policy

The safety of your child, and ALL children entrusted to us, is our top priority.

Camp Jorn is designed to provide great summer experiences for all children. This requires that all our campers are willing to work together and practice our camp motto- "I AM THIRD". Staff will guide children through normal day-to-day behavior issues using acceptable techniques such as:

- Redirecting campers
- Rewarding positive behavior
- Encouraging campers to talk about their feelings
- Implementing time for personal reflection after misbehaving
- Role modeling how to speak/interact with others in a positive manner

Any behavior management action taken will relate directly to the child's action, not personality and will be handled in a timely manner. No physical punishment, humiliation, scare tactics, or controlling measures will be used by our staff.

If a child's behavior continues to be disruptive after reasonable measures have been made to assist the camper in adjusting to the camp setting, parents will be contacted by our Senior Program Director to determine if the child is able to continue at camp. Staff will always work toward developing a cooperative plan of action to help the camper be successful at summer camp. If disruptive behavior continues, it may be decided that the camper and our program are not well-suited for each other at this time.

Some examples of inappropriate behavior are: not listening, running away, hitting, inappropriate language/conversations, bringing items to camp that are not allowed or not following safety rules at activity areas.

Camp Jorn will follow these steps of action when inappropriate and disruptive behavior does not improve:

First Phone Call

Behavior: Repeated unacceptable behavior or serious inappropriate behavior.

Action Taken: A counselor will notify the Assistant Director. After a conversation with the child, a director will contact a parent/guardian. The parent/guardian will be notified that at the next step the child may be sent home for their behavior. As a camp we hope that it will not come to that, but as a team we should be able to correct the behavior with the phone call.

Second Phone Call

Behavior: Repeated unacceptable behavior or serious inappropriate behavior.

Action Taken: Final warning and/or dismissal from program

Third Phone Call

Behavior: Continued unacceptable behavior

Action Taken: Dismissal from the camp program

Camp Jorn YMCA staff reserve the right to immediately send home a camper from our summer camp program. Chronic, extreme, illegal behavior may warrant immediate dismissal

Anti-Bullying Policy

Bullying of any type is unacceptable at Camp Jorn and will result in disciplinary action with possible dismissal from the camp program. Every person has the right to the best possible experience at camp. We ask that you encourage your camper to be a positive influence on other campers, and stress to your camper to talk with a staff member if there is any issue. Our staff are trained during the staff training week how to recognize and resolve bullying issues.

Camp fees are non-refundable and will not be prorated for early dismissal due to behavior issues.

Camp Packing List

Please label all items with your camper's first and last name (Use a name tag, laundry pen, or permanent marker) Please make sure you pack enough clothing for your camper. Only our 3-week campers will have the opportunity to do laundry during their stay. We recommend that campers be sent with clothes to play and have fun in! Things will get dirty, things will get broken, and things will get lost! We do not recommend bringing anything valuable or brand new for this adventure.

*****Parent Tip: Pack for camp together. By doing this, campers know what they are bringing to camp and where everything is packed, making them feel responsible and capable. Resist the urge to pack for your child, as they will need to start practicing the independence that is expected of campers at camp.**

Clothing

- Raincoat or poncho
- 2-Swimsuit
- 3 per week- Pajamas
- Light Jacket
- T-shirts (one for each day)
- 3-4 per week-Shorts
- Underwear (one for each day)
- Socks (one for each day)
- 3 per week-Long sleeved shirts/sweatshirts
- 1-Tennis shoes/Closed toed shoes** (Required)
- 1- Athletic Sandals (heel strap preferred)
- 2 per week-Jeans or other long pants

- 1 Swim towel
- Soap/body wash
- Toothbrush & toothpaste
- Deodorant
- Sunscreen & sunglasses
- Insect repellent
- Shampoo & conditioner
- Comb/brush
- Feminine hygiene products
- Tissues
- Lip balm
- Shower shoes
- Hair ties
- Other personal toiletries

Equipment

- Warm Sleeping bag with stuff sack
- Fitted sheet and flat sheet (twin)
- Pillow & pillowcase
- Laundry bag
- Water bottle
- Flashlight w/ extra batteries
- Sleeping pad (explorer, cit, teva, lit only)
- Luggage to Camp should: ● Be a large duffel bag or other type of soft-sided luggage. No trunks, please. ● Be identifiable with a luggage tag or full name written on the exterior. ● Fit under the bunk which is 16" high.
- Small backpack or bag

Optional Items

- White clothing for tie-dyeing
- Stationary, postcards, stamps, address book
- Quiet games or books
- Notebook, journal, pens, pencils
- Disposable camera
- Hat or bandana
- Shower shoes or sandals
- Favorite stuffed animal
- Pictures from home
- Friendship bracelet string, hair tinsel, beads, etc. (we have plenty of supplies in our craft barn, but many campers like their own supply for cabin downtime!)

Personal Items

- 2 Bath towels & 2 wash cloths

Do not bring

- X Electronic devices-cell phones, tablets, smart watches, games, etc.
- X Food containing nut products
- X Expensive clothing & jewelry
- X Pets & vehicles

- X Any items containing nicotine (e-cigarettes, vapes, tobacco chew, cigarettes etc.), lighters, illegal drugs, Controlled substances, or alcohol. If a camper is found in possession of any of these items, parents/guardians are responsible and will have to pick up the child immediately. Clothing with alcohol, tobacco, drugs, sexual content, or inappropriate language will not be permitted.

- X Weapons of any kind-such as knives,
- X firecrackers, slingshots, etc.

Packing for Water-skiers

- Extra swimsuit
- Rash guard shirt
- Extra beach towel

TEVA, LIT, CIT Camper's Trip Specific

- Sleeping bag with stuff sack
- Rain gear- pants & jackets (no ponchos)
- Sleeping pad
- Pack towel (quick dry microfiber towel)
- Light hiking boots with good ankle protection and support and a durable sole. These may get wet.
- 3 pairs of socks (wool or polypro, no cotton)

Please note that Camp Jorn YMCA may search camper belongings with the camper present when the health, well-being, or safety of the camper or of others requires it. n. Items deemed inappropriate will be kept in the camp office until departure. Illegal possession of certain items will be grounds for expulsion from camp

To foster values and appropriateness, Camp Jorn YMCA reserves the right to ask campers to change their clothes if they are deemed inappropriate. This includes, but is not limited to, extremely short shorts, baggy pants worn below the hip, shirts with vulgar or rude messages, and clothing that is too revealing

If you have questions or concerns on anything – please contact us at 715-543-880

