

Hello Camp Family,

Thank you for your interest in YMCA Camp Ingersoll. In our brochure, you will find more information on our programs, pricing, and camp philosophy. As a YMCA Camp, we believe our focus on values, relationship building, and personal development sets us apart from other camps. There is also a link to our website and registration page in the brochure. We are encouraging everyone to participate in online registration this year, but we have also included a paper registration for you in case that is your preferred method. Whether you register for camp this summer or not, we also want to invite you to our monthly family events, Family Nights in the summer, and our open houses which are all listed on our website: campingersoll.org.

This packet contains all of the information necessary to register for Camp Ingersoll. We advise new and returning families to browse our brochure before registering to get information on new camps and changes to our programs.

The first page you will see is our camp selections grid. Please circle the session(s) across for the camp name that you wish to attend. Please be sure to circle which tier you will be paying as well. At the bottom of the page, you will find options for before and after care as well as subway lunch. The following page is your camper information page. Please fill out all of this information. You will need a choices grid and information page for each camper.

Please fill out the Individual Care Plan and Subway Menu form if you have registered for subway, or it is appropriate for your camper. The rest of the information is necessary medical paperwork and for your reference (Parent Agreement, Bus Information). Please review the entire packet to ensure you have completed all necessary forms and understand all of the information.

Please let us know if you have any other questions or concerns. We'd love to talk more with you about camp!

We hope to see you soon to welcome you into our Camp Family!

Benjamin Silliman

YMCA Camp Ingersoll
bsilliman@midymca.org
860-342-2267

2023 CAMP CHOICES

Preview Week: June 12-16
Session 1: June 19-June 30

Session 2: July 3-July 14 (no camp July 4)
Session 3: July 17-July 28

Session 4: July 31-Aug. 11
Finale Week: Aug. 14-Aug. 18

CAMP	SESSIONS	PRICE (\$)
Wee Wonders, Pre-K or K	1, 2, 3, 4	TIERED PRICING Tier A: \$542 / Tier B: \$517 / Tier C: \$472
Kiddie Kamp, Grade 1	1, 2, 3, 4	
Youngers, Grade 2 or 3	1, 2, 3, 4	TIERED PRICING Tier A: \$537 / Tier B: \$512 / Tier C: \$462
Middles, Grade 4 or 5	1, 2, 3, 4	
CIO1, Grade 6 or 7	1, 2, 3, 4	TIERED PRICING Tier A: \$542 / Tier B: \$517 / Tier C: \$472
CIO2, Grade 8 or 9	1, 2, 3, 4	
CIT, Age 14+	1, 2, 3, 4 (2 Session Min.)	\$280
F.L.A.S.H. Camp: Traditional Camp Session 1: 6/20-6/24 or Session 4: 8/1-8/5	4	\$280

SPECIALTY CAMPS

Specialty Camp Sampler, Grade 2-3	3,4	TIERED PRICING Tier A: \$607 Tier B: \$582 Tier C: \$527
Little Dribblers Soccer, Grade 2-4	2	
Little Ballers Basketball, Grade 2-4	3	
Experimental Arts & Crafts, Grade 2-4	2	
Let's Dance, Grade 2-6	1, 3	
All Sports, Grade 2-3	1, 2	
Can We Build It? Yes We Can!, Grade 3-5	1	
STEAM, Grade 5-8	4	
Adventure Girls, Grade 3-5	2, 4	
Youngers Fort Building, Grade 3-5	2, 3, 4	
Mountain Biking, Grade 3-9	1&2 (Gr. 3-9), 3&4(3-5)	
Ingersoll Adventurers, Grade 3-5	1, 2, 3, 4	
Ninja Warrior, Grade 3-5	1, 2, 3, 4	
All Aqua, Grade 4-6	3	
Campfire Cooking, Grade 5-8	1	
Volleyball, Grade 6-9	1, 4	
Theater, Grade 6-9	3	
Rocketry, Grade 6-9	1, 4	
Olders Fort Building, Grade 6-9	2, 3, 4	

TRAVELING SPECIALTY CAMPS

Horseback, Grade 2-9	1, 2, 3, 4	TIERED PRICING Tier A: \$752 Tier B: \$727 Tier C: \$667	
Fishing, Grade 3-8	1, 2, 3, 4		
Back to Basics: Adventure Camping, Gr 6-9	4		
Olders Adventure, Grade 6-9	1, 3		
Parkour, Grade 6-9	2, 4		
Horseback Experience, Grade 3-6	4		\$820

FINALE/PREVIEW WEEK		LOCATION	EXTENDED DAY PROGRAM: Available All Sessions		LOCATION
Preview / Finale Week	\$280	Ingersoll	AM or PM	\$120	Camp Ingersoll
Extended AM & PM	\$115	Ingersoll	AM & PM	\$200	Camp Ingersoll

SUBWAY LUNCHES: Sessions 1-4: 4" - \$90; 6" - \$100 Preview/Finale Week/FLASH Camp: 4" - \$47; 6" - \$52

YMCA CAMP INGERSOLL 2023 APPLICATION

REGISTER ONLINE AT CAMPINGERSOLL.ORG

Complete steps 1-10 on these pages and return this application with your non-refundable deposit to the **Northern Middlesex YMCA, 99 Union Street, Middletown, CT 06457**. Your balance is due according to the policy listed in the parent agreement.

1. CAMPER INFORMATION

Camper's Name: _____
 DOB: _____ ☐ Male ☐ Female
 Previous Camper? ☐ Y ☐ N
 Address: _____
 City: _____ Zip Code: _____
 School Grade Next Fall: _____ School: _____

2. YMCA MEMBERSHIP INFORMATION:

All campers must be current members of a participating YMCA.

- ☐ My camper is a current member of the: _____ YMCA
☐ My camper would like to become a member of the Northern Middlesex YMCA for the summer - \$20.00 fee.

3. HOUSEHOLD/FAMILY INFORMATION

Parent/Guardian Name: _____
 Relationship to Camper: _____ ☐ Camp Alumni?
 Address: _____
 City: _____ Zip Code: _____
 Daytime PH: _____ Evening PH: _____
 Cell PH: _____ E-mail: _____
 Employer: _____

Parent/Guardian Name: _____
 Relationship to Camper: _____ ☐ Camp Alumni?
 Address: _____
 Daytime PH: _____ Evening PH: _____
 Cell PH: _____ E-mail: _____
 Employer: _____

4. EMERGENCY CONTACT INFORMATION: Additional adults (not listed above) authorized to pick up your camper from camp, extended camp care, bus, or emergency dismissal from camp.

Contact: _____
 Relationship: _____ Phone: _____
 Contact: _____
 Relationship: _____ Phone: _____

5. MEDICAL/BEHAVIOR/CUSTODY INFORMATION:

Please note that appropriate medical documentation is also required on your child's health form which is due **BEFORE** your child can attend camp.

6. FRIEND REQUEST: Please put my child with camper _____ or _____ I realize that not all requests can be accommodated. Note: For any "Friend Request," the camper listed above must also list the name of your camper on their application and campers must be in the same age group or sport specialty camp.

7. SELECT CAMP PROGRAM AND SESSION: Please mark appropriate registration information on the "Camp Choices" page.

SWIM INSTRUCTION: Traditional campers are automatically enrolled in swim instruction. There is no cost for these high quality lessons. If you do not want your child enrolled in swim instruction, you must send a note with your camper expressing that you would like to withdraw them from these free, high quality lessons.

8. SELECT BEFORE AND/OR AFTER CAMP CARE: Mark appropriate registration information on the "Camp Choices" page if you need before and/or after camp care for your camper.

9. SELECT BUS STOP: Please refer to the Bus Stops on page 13 for bus information and write in your bus selection on the line below. Note: Camper must use same bus stop to and from camp unless using AM/PM Camp Care. If you are registering for Preview Week or Finale Week, please check the box below. Bussing is \$27 per camper per session.

SELECT: BUS STOP

- ☐ I will pick up my camper at the bus each day
☐ My camper can walk home from the bus
☐ NO BUS. Parent/guardian will pick up and drop off at camp
Campers who attend both AM and PM Extended Day Program do not need to select a bus.

PREVIEW & FINALE WEEK ONLY BUS OPTION 2 BUSES ONLY:			
<input type="checkbox"/> Glastonbury HS	8:25	4:35	
<input type="checkbox"/> So. Cong. Church, Glas.	8:35	4:20	
<input type="checkbox"/> Moody School	8:15	4:30	
<input type="checkbox"/> YMCA	8:35	4:10	

DEPOSIT INFORMATION SECTION

\$50.00 NON-REFUNDABLE DEPOSIT
 per session X _____ sessions = \$ _____
 + \$20.00 Summer Membership (if applicable) **\$20.00**
 + Camp Improvement Fee **\$10.00**
☐ Financial Aid Deposit
 \$ _____ **TOTAL** _____

10. PAYMENT METHOD:

- ☐ MasterCard ☐ Visa ☐ Discover ☐ Check ☐ Cash
 Credit Card Number: _____
 Expiration Date: _____
☐ Please enroll me in the Auto Credit Card option using the card listed above.
☐ I prefer to receive a monthly bill ☐ online ☐ in the mail.

- I HAVE READ THE PARENT'S AGREEMENT AND UNDERSTAND AND AGREE TO ITS TERMS AND CONDITIONS.**
- I AUTHORIZE YMCA OFFICIALS TO SECURE MEDICAL/EMERGENCY TREATMENT AND TRANSPORTATION FOR MY CAMPER.**

Parent's Signature: **X** _____

Date: _____

PLEASE MAIL TO:
 Northern Middlesex YMCA
 99 Union Street, Middletown, CT 06457

NORTHERN MIDDLESEX YMCA CAMP INGERSOLL PARENTS' AGREEMENT

IMPORTANT — PLEASE READ THIS CAREFULLY

I UNDERSTAND AND AGREE TO THE FOLLOWING CONDITIONS:

- **We are required by the state to have completed health history forms for each camper prior to attending camp. If you do not provide a health form your camper will not be able to attend camp. Forms are online and can be found at www.campingersoll.org. They MUST be completed by the family physician and guardian/s before the camper(s) attends camp. Physicals are valid for three years. There are no refunds if campers are unable to attend due to lack of health forms.**
- I will pay all outstanding balances I, or an immediate member of my family, owe the Northern Middlesex YMCA before enrolling in any Camp sessions.
- A \$50 deposit (\$25 for Tier D- Open Doors Families) per session is required and must accompany each application. This deposit will hold the camper's place and will be applied to the full payment of the camp tuition.
- **All remaining balances are due before your camper/s attend camp unless enrolled in the Auto Credit Card Option. Enrolling in the Auto Credit Card Options extends the payment due date to August 1st.** Any unpaid balance will result in your child or children) being unable to attend camp.
- If I am enrolled in the Auto Credit Card Option and my credit card expires or I close my credit card account prior to when the last payment is due, I will pay the remaining balance in cash or a bank check.
- Any declined credit cards for any reason will be charged a \$25.00 service fee.
- Any checks returned to Camp or the YMCA due to insufficient funds (often referred to as bounced checks or NSF) will be charged a \$50.00 fee. The fee will need to be paid in cash or with a bank check along with the original amount of the check that did not go through.
- Full refunds, including deposits, will be given for any cancelations prior to **April 1st**. After that time, all deposits are non-refundable and non-transferable. Exceptions can be made for summer school requirements.
- Cancellations after April 1st, but more than 30 days prior to the start of the session will receive full refunds minus the deposit.
- Cancellations between 15-30 days from the start of the session will receive a 50% refund minus the \$50.00 deposit per session, the \$10.00 camp improvement fee and the \$20.00 summer YMCA membership fee.
- NO refunds will be granted less than 15 days prior to the start of the camp session unless the request is accompanied by a signed physician's statement indicating a medical condition has developed or is present preventing the camper from attending camp.
- **Fees will NOT be refunded for absence, failure to attend during term of enrollment, delayed attendance at camp, dismissal, suspension, or medical issues without notice.**
- Refunds will be issued through the credit card on file unless requested otherwise, or original payment was with a check.
- I will be responsible for, and agree to pay, all costs of collection, attorney's and any related fees should my account balance become delinquent or I do not pay as promised and agreed to.
- Requests for one-time changes in a camp session, busing, or group assignment will be considered and honored only if space permits and the request is submitted in writing. A \$15 transfer fee will be applied after May 1st if the request is granted.
- Bus service is provided for campers in a limited capacity and on a first come, first serve basis. Each bus is limited to 50 campers. Bus policy will follow, national, state, and local guidelines. Each bus will have a YMCA bus monitor. It is the responsibility of the parent and/or guardian to follow all policies at the scheduled pick-up time and place; possibly including signing out their camper(s) at the appointed stop time each day unless permission is granted in writing for other arrangements to take place or "Wait Unattended has been selected during registration. **Notice for other arrangements to pick-up or drop off your camper(s) must be given in before 2:30pm.** Campers will be required to stay on the bus for the remainder of the route and will return to camp if the designated parent or guardian is not at the stop. Parents will be responsible for picking up their camper(s) at the Camp.
- Campers who ride buses are expected to behave in a safe manner, remain seated while the bus is in motion, refrain from eating or drinking, respect all campers, adults, staff, property, and traffic passing by (as well as any other Covid-

19 policies that may be implemented).. The bus monitor will report any misconduct on the buses and appropriate progressive discipline will take place including, but not limited to, being assigned a seat near the monitor, sitting out an activity at camp, and/or being denied use of bus transportation. Parents will be notified of behavior issues as they arise.

- A photo ID is required every time anyone including parents picks up a child at camp, off the bus, or off camp grounds and they must be on the approved list. All campers must be signed out in the office or parent pick up when leaving.
- I give permission for photographs and video tapes of my camper/s to be used in marketing and publicity for Camp Ingersoll or the Northern Middlesex YMCA.
- Campers must be able to participate in camp activities. Special accommodations can be made on an as-needed basis. Please discuss any questions or concerns with the Camp Director.
- I give permission for my camper(s) to participate in all camp activities, including but not limited to ropes, boating, archery, swimming, hiking, camping, active games, off-site activities, etc. Specialty Camp programs will require a signed permission.
- The YMCA follows a progressive discipline policy. The follow escalation is generally used: 1-2-3 magic behavior management, removal from the group to the office, early pick up from camp, suspension, and as a last resort: dismissal. Camp Ingersoll reserves the right to respond to individual circumstances, which may require action not in line with the steps laid fourth above. Camp can dismiss or suspend a camper whose presence, in their opinion, poses a direct threat, is detrimental to the camp, other campers or the Camp's operations.
- Cell Phones are not allowed out at camp. If they are in camper's bags, they must not be seen. If counselors see cell phones they will ask campers to put them away. They will then take the phone and bring it to the office where the camper can pick it up at the end of the day. If there are any other cell phone disruptions, the phone will be taken and a parent or guardian will have to pick it up in the camp office. Campers can use the camp phone in the office
- I understand that my camper is advised to keep all personal toys, electronics, and anything of value at home. Camp Ingersoll and the Northern Middlesex YMCA are not responsible for any lost or damaged personal items including but not limited to eyeglasses, hearing aids, etc. All personal items should be labeled with the child's name. Found items will be placed in the Lost and Found. I understand unclaimed items will be donated after each session.
- I authorize the transfer of my camper(s) to the Middlesex YMCA during inclement weather, as determined by YMCA/Camp Ingersoll personnel.
- I understand with physical activities at Camp, there is a risk my child may receive head injuries or a concussion. In the event of any head injury, campers are transported to see the Camp Nurse and are evaluated according to state regulations that can be found at www.ct.gov/oec. The appropriate steps will then be implemented after the evaluation.
- I understand a principal endeavor of the Middlesex YMCA and Camp Ingersoll is to provide an atmosphere of growth and development while keeping our children safe and supported. I can find a complete list of the YMCA's Child Abuse Prevention policies including Mandated Reporting and camper & staff interactions outside of camp at midymca.com. I understand that following these policies means I cannot ask camp staff, whom I do not have a prior existing relationship with, to babysit or transport my camper outside of camp.
- I agree to hold the YMCA Harmless for injuries, accidents, or sickness resulting in bodily injury or property damage during my child's participation at YMCA Camp Ingersoll. I further waive, release, absolve and indemnify the Middlesex YMCA, YMCA Camp Ingersoll, its directors, volunteers, officers or employees for injuries or accidents occurring while participating in the programs of YMCA Camp Ingersoll.
- **I authorize YMCA officials to secure medical/emergency treatment and transportation for my camper should the need arise for such action as determined by Camp Nurse, or if unavailable, other certified YMCA and/or Camp Staff.**

I understand this is not an extensive list of policies or procedures. A separate copy of this agreement will be in your confirmation packet. More policies and information can be found in the Parent Handbook at: www.campingersoll.org. Please read and review all information and expectations with your camper.

Signature _____ Date _____

YMCA Camp Ingersoll Individual Care Plan

Child's Name _____ Date of Care Plan 6/12/23 to 8/18/23

Child's Date of Birth ____ / ____ / ____ Program Site: YMCA Camp Ingersoll

Special Health / Behavioral Concerns: *If necessary, please specify on the line provided.*

- ☐ Allergies (food, medication, insects, environmental, etc) _____
- ☐ Asthma _____
- ☐ Vision / Hearing / Speech (glasses, ear tubes, etc.) _____
- ☐ Chronic Illness _____
- ☐ Diabetes _____
- ☐ Seizures _____
- ☐ Dietary Needs _____
- ☐ Developmental Variations _____
- ☐ Emotional / Behavioral _____
- ☐ History of Contagious Disease _____
- ☐ Other _____

Symptoms / Medication / Process of Care

For each "Yes" answer listed above, please provide the following information.

#1 Health Concern: _____

Symptoms: _____

On-Site Medication: ☐ Yes ☐ No _

Steps of Care:

1. _____

2. _____

3. _____

4. _____

Additional Information: _

#2 Health Concern: _____

Symptoms: _____

On-Site Medication: ☐ Yes ☐ No _

Steps of Care:

1. _____
2. _____
3. _____
4. _____

Additional Information: _____

#3 Health Concern: _____

Symptoms: _____

On-Site Medication: ☐ Yes ☐ No _____

Steps of Care:

1. _____
2. _____
3. _____
4. _____

Additional Information: _____

Name of Health Care Provider: _____ Phone: (_____)_____

Parent / Guardian Signature: _____ **Date:** _____

**** For Administrative Use Only ****

Benjamin Silliman, Camp Director: _____ Date: _____

Taylor Savage, Asst. Camp Dir.: _____ Date: _____

Unit Director: _____ Date: _____

Counselor: _____ Date: _____

Nurse Signature _____ Date: _____

Authorization for the Administration of Medication

In Connecticut, licensed Camps administering medications to children shall comply with all requirements regarding the Administration of Medications described in the CT State Statutes and Regulations. Parents/guardians requesting medication administration to their child while at camp shall provide the program with appropriate written authorization(s) and the medication before any medications are administered. Medications must be in the original container and labeled with child's name, name of medication, directions for medication's administration, and date of the prescription. All unused medication shall be destroyed if not picked up within one week following the camper's departure at the end of camp.

Authorized Prescriber's Order (Physician, Dentist, Physician Assistant, Advanced Practice Registered Nurse):

Name of Child _____ Date of Birth ____ / ____ / ____ Today's Date ____ / ____ / ____

Medication Name _____ Controlled Drug? ☐ YES ☐ NO

Dosage _____ Method _____ Time of Administration _____

Specific Instructions for Medication Administration _____

Medication Administration: Start Date ____ / ____ / ____ Stop Date ____ / ____ / ____

Is this medication to be self-administered by the child? ☐ Yes ☐ No

Relevant Side Effects of Medication _____

Plan of Management for Side Effects _____

Known Food or Drug Allergies? ☐ YES ☐ NO Reactions to? ☐ YES ☐ NO Interactions with? ☐ YES ☐ NO

If "yes" to any of the above, please explain _____

Prescriber's Name _____ Phone Number () _____

Prescriber's Address _____ Town _____

Prescriber's Signature _____

Parent/Guardian Authorization:

☐ I request that medication be administered to my child as described and directed above.

☐ I request that medication be self-administered to my child as described and directed above.

Name of Camp _____ Today's Date ____ / ____ / ____

Child's Name _____ Address _____ Town _____

Name of Parent/Guardian Authorizing Administration of Medication as described and directed above:

First Name _____ Last Name _____

Relationship to Child: ☐ Mother ☐ Father ☐ Guardian/Other explain: _____

Address _____ Town _____ Phone Number () _____

Signature of Parent/Guardian Authorizing Administration of Medication _____

Name of Camp Personnel Receiving Written Authorization and Medication _____

Title/Position _____ **Signature (in ink)** _____



*** YMCA Camp Ingersoll**
Bus Routes 2023



PLEASE REVIEW AND ENFORCE BUS TIMES AND ROUTES

<u>Bus 1 Mike and Preshyous</u>		<u>AM</u>	<u>PM</u>	
Cromwell Middle School	8:00	4:55	6 Mann Memorial Drive, Cromwell	
West Hill School	8:20	4:40	95 Cronin Dr. Rocky Hill	
Wethersfield Shopping Center	8:30	4:25	1129 Silas Deane Hwy, Wethersfield (Panera)	
<u>Bus 2 Evan</u>		<u>AM</u>	<u>PM</u>	
Wesley School	8:05	4:50	10 Wesleyan Hills Rd, Middletown	
Haddam Elementary	8:25	4:30	272 Saybrook Rd, Higganum	
Chatham Court	8:40	4:10	Intersection of Chatham Court & Riverside St.	
<u>Bus 3 Abbey</u>		<u>AM</u>	<u>PM</u>	
East St. & Westlake Dr.	8:00	4:50	Intersection of Westlake and East St. On East St. gazebo	
Pierson Park	8:20	4:35	5 West St, Cromwell CT (after Police Station)	
Middlesex YMCA	8:30	4:20	99 Union St, Middletown – Bottom Parking lot	
MacDonough School	8:40	4:10	66 Spring St, Middletown (Front of school on Spring Street)	
<u>Bus 4 Greta</u>		<u>AM</u>	<u>PM</u>	
Allyn Brook Park	8:00	4:50	50 Pickett Lane, Durham	
Middlefield Community Center	8:20	4:35	405 Main St, Middlefield	
Moody School	8:30	4:20	300 Country Club Rd	
<u>Bus 5 Evan</u>		<u>AM</u>	<u>PM</u>	
Rt 16&149 (Westchester Market)	8:05	4:40	493 Westchester Rd Rd, Colchester	
Elmer Thienes School	8:20	4:25	25 School Drive, Marlborough	
Congregational Church (E. Hampton)	8:30	4:15	99 Main St, East Hampton	
<u>Bus 6 Jack</u>		<u>AM</u>	<u>PM</u>	
Glastonbury High School	8:15	4:40	330 Hubbard St, Glastonbury, on Side by gym	
Gildersleeve School	8:40	4:10	565 Main St, Portland	
<u>Bus 7 Evie</u>		<u>AM</u>	<u>PM</u>	
St. Dunstan's Church	8:20	4:30	1345 Manchester Rd, Glastonbury	
<u>Bus 8 Bailey</u>		<u>AM</u>	<u>PM</u>	
Hopewell School	8:20	4:35	1068 Chestnut Hill Rd, South Glastonbury	
South Congregational Church		8:35	4:15 949 Main St, South Glastonbury	



CAMPER NAME _____

Bus Policy

We understand that bussing is a convenience to some families, but a necessity to others. In an effort to expand our transportation options to reflect pre-pandemic levels, we plan to enlist eight daily buses that will bring campers to and from Ingersoll. Once again, families will be able to attend AM OR PM care and therefore, choose an afternoon or morning bus option. The cost will be \$25, per camper, per session. We waive the fee for families that qualify for Tier C- Open Doors.

Riding the bus is a privilege. We will follow all necessary Covid 19 protocols necessary when camp begins. Monitors will inform camp, and parents, of any issues on the bus (teasing, bullying, inappropriate language or touching, etc.). Constant behavioral issues, or substantial safety issues, will result in loss of bus riding privileges.

Bussing is available on a first come first serve basis. Our primary method of communication about specific bus delays is the email you provide during registration. We also use our Facebook page to notify families if all buses are departing camp more than 5 minutes late. Below is a brief explanation of the bus policy that each of our bus monitors follow. **An extensive bus policy can be found in our Parent Handbook and Parent Agreement that must be signed during registration. You will be emailed a copy after you have completed registration.**

AM Bus:

The check in procedure will be adjusted to reflect current Covid-19 requirements.. We will introduce Bus Monitors (along with adjusted policies / procedures / expectations) via email prior to the first day of the session. They will arrive early (15 minutes) to the first stop on the first day of the session in order to complete the current bus procedure. Please note that morning buses leave the stop at the time listed on the pre-session email to make sure everyone arrives to camp on time.

PM Bus:

The check-out procedure will be adjusted to reflect current Covid-19 requirements. **If parents would like change how their campers get home, they must provide a note, or call camp prior to 3:00pm.** Unless campers have written permission to "Wait Unattended", all campers must be signed off the bus by their parent / guardian or an approved emergency contact. All adults picking up campers should bring their photo ID with them every single day. A bus will only wait 5 minutes past a scheduled stop time. Parents will then have to pick up at the next stop or at Camp Ingersoll.

CAMPER NAME _____

CAMPER NAME: _____ **Sessions:** (circle all that apply) **1** **2** **3** **4**

PLEASE READ CAREFULLY:

- Circle one type of sandwich for each day of the week (on a white SUBWAY roll)
- Circle "add cheese" under each column to add cheese to that day's sandwich (American Cheese Only)
- Circle "add Let & Tom" under column to add lettuce and tomato if you would like either
- Selections will repeat themselves during the second week of the session (and from session to session)
- A fruit selection will be added in the lunch every day which may include: apple slices or watermelon
- Orders must be received by fax, mail or email no later than Wednesday of the week before the start of the session
- If you leave any days blank or do not submit this menu, your child will receive a turkey and cheese sandwich
- Be sure to check one drink choice per day (if none are selected your child will receive a water)

If you have already sent in a menu or would like to repeat a menu from a previous session, please disregard this menu.

Size selection (please circle one): 4" Sub 6" Sub

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Ham	Ham	Ham	Ham	Ham
Turkey	Turkey	Turkey	Turkey	Turkey
Bologna	Bologna	Bologna	Bologna	Bologna
Salami	Salami	Salami	Salami	Salami
Tuna	Tuna	Tuna	Tuna	Tuna
Veggie	Veggie	Veggie	Veggie	Veggie
<u>add cheese</u>	<u>add cheese</u>	<u>add cheese</u>	<u>add cheese</u>	<u>add cheese</u>
<u>add let & tom</u>	<u>add let & tom</u>	<u>add let & tom</u>	<u>add let & tom</u>	<u>add let & tom</u>
<u>Drink (check)</u>	<u>Drink (check)</u>	<u>Drink (check)</u>	<u>Drink (check)</u>	<u>Drink (check)</u>
<input type="checkbox"/> Iced Tea	<input type="checkbox"/> Iced Tea	<input type="checkbox"/> Iced Tea	<input type="checkbox"/> Iced Tea	<input type="checkbox"/> Iced Tea
<input type="checkbox"/> Fruit Punch	<input type="checkbox"/> Fruit Punch	<input type="checkbox"/> Fruit Punch	<input type="checkbox"/> Fruit Punch	<input type="checkbox"/> Fruit Punch
<input type="checkbox"/> Lemonade	<input type="checkbox"/> Lemonade	<input type="checkbox"/> Lemonade	<input type="checkbox"/> Lemonade	<input type="checkbox"/> Lemonade
<input type="checkbox"/> Water	<input type="checkbox"/> Water	<input type="checkbox"/> Water	<input type="checkbox"/> Water	<input type="checkbox"/> Water

CAMPER NAME _____

**YMCA Camp Ingersoll
Bagged Lunch Program**

Dear Families,

Thank you very much for participating in our Bagged Lunch Program. We are very pleased to be working with SUBWAY of Portland in order to provide this convenient and high quality product.

On the back of this note is the **menu choice form**. It very important that you complete it and return it to us **as soon as possible**. We have made the choices few and simple to ensure that even finicky eaters will have a high quality lunch.

Lunches will include the sandwich and drink of choice as well as chips, a hand held fruit, and a cookie. Please read the instructions at the top of the menu choices carefully.

If you have questions, please call us at 860-342-2267. And once again, from the friends at SUBWAY and the staff of YMCA Camp Ingersoll, we thank you for your participation.

Best Wishes,

Ben Silliman
Camp Director



YOUTH CAMP HEALTH EXAM/RECORD FOR CAMPERS AND STAFF

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Physical Exams Are Valid For 3 Years From Date of Last Examination

Please Return Completed Form to the Camp on or prior to June 1, 2023

☐ Camper
☐ Staff

Name _____ Date of Birth _____ Phone _____

Guardian Address _____

Emergency Contact _____ Telephone _____

Date of Arrival at Camp: _____ Departure Date: _____

Parent or Guardian Authorization (required for all persons under age of 18) This health history is correct so far as I know, and the person named above has permission to participate in all camp activities except as noted by me or the examining physician. If I cannot be reached in an emergency, I hereby give permission to the physician selected by the camp director to hospitalize, secure proper treatment for, and order injection, anesthesia for surgery for the person name above.

Parent or Guardian Signature **X** _____ Date _____

TO BE COMPLETED BY THE SPECIFIED MEDICAL PRACTITIONER:

_____ May participate in all camp activities

_____ May participate except for: _____

Date of Exam ____/____/____

Medical information pertinent to routine care and emergencies: _____

Is this individual taking prescription or over the counter medication(s)? ☐ YES ☐ NO If yes, indicate names of medication(s): _____

Does the individual have allergies? ☐ YES ☐ NO Explain: _____

Is the individual on a special diet? ☐ YES ☐ NO Explain: _____

Does the individual have special needs? ☐ YES ☐ NO Explain: _____

This camper/staff is up-to-date on all the following routine childhood immunizations currently recommended by the American Academy of Pediatrics and National Advisory Committee on Immunization Practices:

	Yes	No		Yes	No
Measles			Hepatitis B		
Mumps			Diphtheria		
Rubella			Pertussis		
Chickenpox			Pneumococcal conjugate		
Tetanus			Polio		

Comments: _____

Print name of medical care provider: _____

Medical care provider's address: _____

Medical care provider's: City/Town _____ ST _____ Zip Code _____

Signature of Physician, PA, APRN or RN: **X** _____

Date Form Signed _____ Telephone Number _____

Mail or Bring to: Middlesex YMCA, Attention: Rachel Johnson 99 Union Street, Middletown, CT 06457.

Email: rjohnson@midymca.org Fax: 860-342-2267

YMCA Camp Ingersoll

94 Camp Ingersoll Rd. Portland, CT 06480

P 860.342.2267 F 860.343.6254 www.campingersoll.org



Last Name:

First Name:



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Parent Communication

We strive to provide families with all the information needed for our campers to have a successful summer. Last year, we learned that among uncertainty, consistent and intentional communication alleviated much of the anxiety and concern over sending kids to camp during Covid-19. We will continue to give regular updates around the status of this summer, especially as we get closer to the Spring and Summer. Here are a few ways we communicate with parents:

Emails – We use email as our primary method of communication, including bus information/delays, start of the session information, and policy or procedure adjustments. Be sure to check you have your current email on file during registration.

Online – Our website, www.campingersoll.org, contains useful information about YMCA Camp Ingersoll, your camper's day, and printable forms such as Physicals, Medication Administration, and our Parent Handbook. Be sure to check out our YouTube Channel and join YMCA Camp Ingersoll on Facebook and Twitter for daily pictures and camp news.

Counselor Phone Calls – All families receive a phone call from our counselors introducing themselves and answering any general camp questions you may have. These calls will take place on the 2nd day of every session, during the camp day, and may come from a private number. We understand some parents may be busy. Counselors will try to leave messages on your voicemail (if your voicemail is set up and not full), are available on Family Nights, and may be available on their break periods if you make a return call to camp at 860-342-2267.

Progress Sheets: Our Wee Wonder and Kiddy Kamp campers take home daily progress sheets. In an effort to provide consistent communication to families with older campers, all other camp units will take home progress sheets on Fridays. They will communicate which activities campers took part in and highlights of the week.

Session Calendar – Included in our introduction email and distributed at camp, it details themes, dress up days, and reminders about Family Night.





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YMCA Camp Ingersoll Frequently Asked Questions

1. How do I Register?

Online registration at CampIngersoll.org is the best. Please read ALL directions at the beginning of EVERY step and your camper will be registered in no time. Contact camp for paper registration. Returning family registration opens on January 23rd and general registration opens on February 6th.

2. Are Preview and Finale week different from other sessions?

Yes, they are one-week sessions. Before and after camp are only located at camp, and only two buses run (see pg. 10 of our brochure). We try to include special events every week, campers will travel to one specialty area every day.

3. What should my camper bring each day?

Campers should bring closed-toe shoes/sneakers, a water bottle, towel, swimsuit, sunscreen, lunch, backpack, and an extra change of clothes. Label all items with first and last names! DO NOT BRING personal toys, iPods, Gameboys, trading cards, cell phones, etc.

4. What if my camper loses an item at camp?

All items brought to camp should be labeled with the camper's first and last name in permanent marker. Lost items for most campers are displayed at the amphitheater so campers can retrieve them. Parents can also look for items on family nights. If your camper is in Wee Wonders or Kiddy Kamp, their lost and found items are usually kept in their respective huts, since that is where they change. All items are donated to GoodWill after the conclusion of each session.

5. Does YMCA Camp Ingersoll provide lunch?

We are continuing to offer our bagged lunch program from SUBWAY for an additional fee. You can sign up online or on your registration form. Prior to the start of a session, you will receive a menu to select your lunch. Campers who bring their own lunch should pack it in a brown paper bag. All lunches are refrigerated.

6. Will my child receive swimming lessons?

All traditional campers will have two swim periods per day. The first period will be instructional activities and the second will be a free swim.

7. Can I pick my child up early?

Parents must notify the camp prior to 3:00 pm if they plan to pick up early. Please pick your camper up BEFORE 3:00 pm or at Parent Pickup at 4:00 pm. Please send your camper with an early pickup note or call the camp office 30 minutes prior to the scheduled pick-up. Children will only be released to individuals who are listed on the registration form and who have a valid photo ID with them. All campers MUST be signed out.

8. What if my camper needs medication?

Complete and submit the "Authorization to Administer Medication" form signed by both the guardian and doctor. Forms are available online and by request. Medications must be in their original labeled container.

9. How can I get in touch with my child's counselor?

Counselors place a call to the family's home on the second day of each session to introduce themselves and answer any questions you may have. Counselors may call from a private number and cannot leave a message if your voice mailbox is full. If parents believe they have missed a phone call, they are encouraged to call YMCA Camp Ingersoll at 860-342-2267 where a counselor, coordinator, or

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leadership staff member will be available to speak with them. Please keep in mind that specific staff members may not be immediately available to speak with you but will get back to you at their earliest convenience. Many parents find it helpful to communicate through notes. Communication with parents is very important to us, please don't hesitate to call with any questions.

10. Do you apply sunscreen at camp?

Sunscreen should be applied by parents in the morning. Counselors will help reapply as needed and at least four times a day if it is provided by the parent.

11. Can my camper have a phone at camp?

We understand why parents may want their campers to have phones. Electronics cannot be used at camp, but campers can keep phones in their bags. Our counselors provide engaging and varied activities for all campers with an emphasis on social interactions, relationship building, and positive engagement. If phones are seen at camp, counselors first ask campers to put them away and eventually move to keeping the phone in the office until a parent can pick it up.

12. Is camp canceled on rainy days?

Camp runs through sunshine or rain (or liquid sunshine as we call it here at camp). Camp will be canceled only if a holiday falls on a weekday or if there are urgent weather warnings. In these cases, you will receive an email confirming cancellation or a delay.

13. How can I get more information?

- For registration questions please contact Rachel Johnson at 860-342-2267 or rjohnson@midymca.org.
- You can reach our Camp Director, Ben Silliman, at 860-342-2267 or send an email at bsilliman@midymca.org.
- For forms and more information, please visit CampIngersoll.org.
- For high-resolution photos of your camper please download our new photo platform <https://waldophotos.com/@ymcacampingersoll>

Password: ingersoll23

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