



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y SUMMER CAMP RUMFORD 2025 FAMILY INFORMATION PACKET

Welcome to Y Summer Camp at MVHS! This booklet provides **Essential Information**- please read it carefully with your camper. If you have any questions, please do not hesitate to call Camp Director Melissa Porter at (207) 357-6678, or email, at mporter@alymca.org.

We kindly ask that **all camper forms be submitted either in person at the Rumford Town Office located at 145 Congress Street, Rumford, ME, or sent to the YMCA of Auburn-Lewiston before our deadline of Friday, June 27th, 2025.** Forms can be mailed to 62 Turner Street, Auburn, ME 04210, faxed to 207-795-4058 (please contact the Y's front desk to confirm receipt), or emailed. If you choose to email the forms, please send them as a PDF file to mporter@alymca.org.

GENERAL INFORMATION

LOCATION: Y Summer Camp Rumford is located at Mountain Valley High School. Drop-off, pick-up, are at the **second high school entrance** located at 799 Hancock Street in Rumford.

YMCA MISSION: The YMCA of Auburn-Lewiston is a character-building organization dedicated to strengthening Christian principles of Caring, Honesty, Respect, and Responsibility through programs that will build a healthy spirit, mind, and body for all.

YMCA OF AUBURN-LEWISTON VALUES AND INCLUSION POLICY:

The YMCA of Auburn-Lewiston has abided by our values of Caring, Honesty, Respect, and Responsibility for over 155 years. As such, we are committed to providing an inclusive and welcoming environment that assures access to all.

We understand the Y - like our communities - is made up of people from all walks of life who are joined together by a shared commitment to make certain everyone can learn, grow, and thrive. By prioritizing diversity and inclusion, we seek to ensure all segments of society have access to the Y, feel welcome, and can fully engage as participants, members, staff, and volunteers.

There is no place in our facilities or programming for people who choose to discriminate against others in any form. Any actions that violate this policy will not be tolerated, and offenders will have their YMCA privileges terminated.

Y SUMMER CAMP PHILOSOPHY: Character development is challenging people to accept and practice positive values. The YMCA camp mission statement puts it best: The YMCA provides trained leadership and the resources of the natural surroundings to help each camper achieve his/her fullest potential in terms of mental development, physical **wellbeing**, social growth, and spiritual awareness.

The mission comes to life through the emphasis of the Y's Core Values: **Caring, Honesty, Respect and Responsibility**. Challenging people to accept and practice these values is the foundation for the development of the important character traits that will remain with a child his/her entire life. Challenging people to accept and demonstrate positive values is more effective than treating problems because it is being proactive - reaching the root of the problem, and not just managing the results.

It poses the question: If everyone exhibited **Caring, Honesty, Respect, and Responsibility**, what would this community look like? The country? The world?

This is what the YMCA is about. Make this a summer for your child to grow and develop strong roots and positive values. Talk at home about what they are learning. Talk in the car about their experiences. Talk about how your family can display these values to others.

YMCA Day Camps are important to a child's development because:

1. Campers grow personally. They are given the chance to experience new things and interact with other children their own age daily.
2. Campers learn new skills. Whether it is playing a new game, developing an existing skill, or developing their social skills, campers leave our camp having experienced something they can remember for a lifetime.
3. Campers learn to appreciate diversity in each other. We live in a multi-cultural community and our camps reflect this. Campers learn each person is unique, and they can have fun and respect each other regardless of race, religion, gender, or social status.
4. Campers learn lifetime values. From the simplest of values and attitudes like sharing, sportsmanship, and giving respect to others, creates our foundation for making more complex value decisions as we mature.
5. Campers have fun! Without fun, the above reasons for children to attend our camp become harder to accomplish. Games, stories, swimming, sports, and crafts are all done with campers as the primary focus.

We do our best to help each camper have a positive, enjoyable experience. In order to do this, we need to know if there are any issues or concerns, so we can attempt to help to correct the situation. Please do not wait until the end of the session or end of camp; we would like to correct the situation as soon as possible.

Y SUMMER CAMP INFORMATION FROM A to Z

ABSENCES: If your child is not going to attend camp for the day, please report his/her absence by 9am to the Camp Director at 207-357-6678. If your child will be leaving early, please notify your child's counselor and/or the Camp Director, what time and who will be picking up your child ***in writing***. The staff will have your child prepared to depart at the requested time.

ACTIVITIES: Y Summer Camp's activities include arts n' crafts, sports, outdoor life/environmental education, and Field Trips (every Wednesday).

ALLERGIES (*Food, drugs, plants, animals, etc.*): Every year at camp, children and families are becoming more aware of their allergies. We ask that if your camper(s) have any allergies that you let our staff know on the camper's Health Form. This will help Directors and Counselors make sure that your camper(s) are not placed in a situation where they may be exposed to places or items, they may cause an allergic reaction.

APPOINTMENTS: If your camper has an appointment or needs to leave camp during the day, please let the Camp Director know, in advance, in writing.

ARRIVAL/DEPARTURES: Pre-Camp is at 8:30-9:00am, while Post Camp is from 4:00-4:30pm.

AGE/GRADE GROUPS: Campers are assigned to Groups based on their age and grade. By breaking up the campers this way provides an opportunity for each child to express himself/herself, engage in age-appropriate activities, be accepted by their peers and learn new skills.

We cannot guarantee special requests to keep friends together in a group. Based on age and enrollment, some campers may not be in the same group each session.

BEHAVIOR: Please read over the Behavior Contract and Participation Agreement with your child (a copy is found in your camper forms). Y Summer Camp staff expects all children to behave in accordance with

the contract. In cases of extreme misbehavior, your child will be dismissed from camp at the discretion of the camp director.

BULLYING: Bullying happens when a person, or group of people, wants to have power over another/others and use their power to get their way, at the expense of someone else. Forms of bullying include teasing, taunting, gossiping, hitting, kicking, or putting down another person with the intent to hurt them.

At Y Summer Camp, we have a **NO TOLERANCE** policy on bullying. Bullying is inexcusable, and our policy is against all types of bullying. ***Each camper is expected to treat all others with respect and to help each other achieve the best possible experience.*** If a camper has difficulty meeting this expectation, parents may be called upon to assist. We work together as a team to ensure that campers gain self-confidence, make new friends, and go home with great camp memories.

Our Y Summer Camp Staff address all incidents of bullying seriously, and staff are trained to promote communication with their campers. We want everyone to be comfortable alerting us to any problems during their camp experience. We cannot manage an incident if we do not know about it. Every person has the right to expect to have the best possible experience at camp. By working together as a team to identify and manage bullying, we can help ensure that all campers and staff have a great summer.

CAMP COUNSELORS: Our camp staff truly value their position at the YMCA and take that responsibility very seriously. Many of our staff return for several summers until they need to complete internships or graduate from college. All our senior counselors will be college age or older. All our counselors are First Aid and CPR certified and must participate in 40 hours of staff training, including child abuse prevention, bullying prevention, emergency procedures and how to plan, organize and facilitate camp activities, prior to the start of camp.

CAMP T-SHIRTS: Every camper will receive one Y Summer Camp T-shirt.

CAMPER CONDUCT & DISCIPLINE PROCEDURES: The staff governs the behavior of each child and attempts to work through conflicts and problems as they occur. A camper who displays negative behavior can affect another camper's experience, so counselors are in constant communication with the Camp Director. Campers who are disruptive, unruly, display inappropriate behavior or require an undue amount of disciplinary attention will meet with the Camp Director to evaluate and document their behavior in a Behavior Report. Parents will be notified of any misconduct or discipline problems. It will be the parent's responsibility to arrange transportation for the child if he/she is being sent home due to disciplinary actions.

CLOTHING: Campers should wear clothing for an active day at camp that you do not mind getting dirty, muddy or wet. Appropriate items would be shorts, t-shirts, light jackets/sweatshirt (for chilly mornings). Also make sure your camper has proper footwear for running and playing, and protection against the elements (roots, rocks etc.). Flip flops are not acceptable footwear. **Please label all your child's belongings.** While every effort will be made to locate your child's belongings, the YMCA is not responsible for lost items, so we recommend labeling your child's belongings.

COMMUNICATION: The Y Summer Camp Director's phone number is (207) 357-6678. You can call the Camp Director Melissa with questions/concerns regarding your camper's experience.

HEALTHY CAMPERS: Please be respectful of all camp families. If your child contracts anything that may be contagious, please call us and let us know. Your name will be kept confidential, but we are required to post anything contagious. Your child's health status will be checked informally each day. If your child shows any sign of illness, rash, high temperature, diarrhea, infection, or any contagious diseases, etc., the parent/guardian or authorized person will be called and required to pick up the child within one hour.

ILLNESS/INJURIES: While camp staff do their best to prevent any sort of injuries, accidents do happen. Parents will be notified by camp staff if their child has not been feeling well and does not seem to be getting any better. Moderate injuries will also be communicated to the parent once proper first aid has taken place. If severe injuries need higher medical attention, the parent or guardian will be contacted immediately. If the injury or illness occurs later in the day, you may be notified when your child is picked

up, depending on the severity of the injury or illness. All injuries and illnesses are documented in an Ouch Report and/or Incident Report.

LOST AND FOUND: Please make every attempt to label all your child's belongings; this will help us return lost items to your child. Before the end of camp each day, any items that have been found will be shown to the entire camp to see who they belong to. Any items remaining unclaimed will be brought to the YMCA at the end of the week. Items will remain at the YMCA for a reasonable amount of time before they are donated to a local charity.

LUNCH: Free Lunch will be provided thanks to the RSU #10 School District. If your child does not like the lunch for the day, please make sure they have a packed lunch from home.

Please do not send any food that needs to be microwaved or refrigerated. It is recommended that campers bring healthy snacks, and a water bottle that they can refill throughout the day.

MEDICATION: Medication must be brought in its original container, allowing for proper identification and dosage, as required by the state. Please leave all medications with the Director or Counselor at drop-off at the camp office. Make sure that you have filled out the Health Form and that you have signed it. Campers should not have any type of medication in their lunch boxes or backpacks, regardless of age.

MONEY OR VALUABLES: Do not let your campers bring money or valuables to camp. The YMCA is not responsible for any money or valuables lost or stolen during camp.

RAINY DAY PROCEDURE: It is essential that your child be dressed appropriately on rainy days, as we will try to do as much activity outside as we can. If the rain persists, campers will enjoy activities under cover.

SAFETY AND SUPERVISION: All camp staff are trained in First Aid/CPR and AED. Children are never left unsupervised. In case of accident or injury, a standard procedure of administering first aid and reporting the incident is used. If anyone has any questions or concerns about the safety of Y Summer Camp, please feel free to contact Melissa Porter the Camp Director, by phone at (207) 357-6678 or email at mporter@alymca.org

SIGN IN/SIGN OUT: All campers must be signed in and out daily by a parent/guardian. Photo ID's will be required. Please remind other authorized pick-ups that they will need to bring a photo ID with them to pick up your camper. **Please do not be offended if our staff asks for an ID, these procedures are to ensure the safety of your child.** Whether we already know you or not, you must bring your ID with you in case we have a new staff person present.

WHAT TO BRING TO Y SUMMER CAMP EACH DAY?

- Backpack for carrying:
 - Lunch & healthy snacks (no glass containers). *Free Breakfast and Lunch will be offered daily at camp through the RSU #10, if you so choose.*
 - Refillable water bottle
 - Extra set of clothes and clothing for all weather (sweatshirt/ rain jacket)
 - Plastic bag for wet stuff
- Proper Footwear (**PLEASE NO FLIP FLOPS!**)
 - Sneakers for running & playing (sports, field games, nature walks etc.)
 - Water Shoes for playing in the brook.
- Sunscreen and Bug Spray already on and extra in your backpack (sprays preferable)

***Please mark your child's full name clearly on everything.** *We are not responsible for lost or missing items.*

****MVHS and Inland Woods and Trails feature many scenic trails that we plan to make the most of during our camp experience. The terrain includes roots, vines, and rocks, so we strongly recommend campers wear closed-toe shoes while at camp. Most of our activity areas require closed-toe footwear for participation.***

The following items should STAY at home (pretty much everything except what you “should bring to camp”). Some examples are:

• Electronics (Gameboys, DS, DSi, PSP, iPods, MP3 players, etc.) • Cell Phones • Toys (including trading cards, like Magic, Pokemon, Yugi Oh, etc.) • Sports Equipment • Money or anything valuable (items you would not want lost or stolen) • Weapons of any kind real or fake.

SPECIAL NOTE FOR PARENTS

As a provider of children’s programs, the YMCA strives to effectively screen and train all staff and volunteers. Our quality programming enriches the lives of hundreds of children each year and the safety of every child is a top priority for us.

To make sure your child remains safe outside of YMCA supervision and to protect our staff and volunteers, the YMCA encourages your cooperation in the following areas:

- It is a violation of Y Summer Camp at MVHS’s policy for a camp employee to baby-sit, host sleepovers, spend time one-on-one with your child, or have any communication with your child via text, phone, email and/or social media outside of Y Summer Camp.
- Please do not leave your child at Y Summer Camp at MVHS unless a staff person is there to receive and supervise your child. Reminder our staff cannot be alone with one child, so you might need to wait until another staff member or camper are present.
- Talk to your child about the importance of telling you if someone does or says something that makes them feel uncomfortable. Emphasize that adults should not ask them to keep secrets from you.
- Explain to your child that she/he has a basic right to privacy and that no one should touch them inappropriately or compel them to touch someone else inappropriately.
- Instruct your child to always remain part of the group, stress safety in numbers.
- Be concerned if your child suddenly becomes withdrawn or balks at attending camp or being around a person. Gently seek to find out why.
- Report any actions by Y Summer Camp staff or volunteers/chaperones that you deem to be inappropriate to the Camp Director.

To help ensure that your child(ren) is safe and has an enjoyable summer camp experience, our staff go through an interview process and background checks. All volunteers are also subject to a background check. In addition, all staff members will complete 40 hours of staff training, including the following trainings and certifications: CPR/First Aid; Child Abuse and Prevention training; Bully Prevention Program.

If you have any questions or concerns, please do not hesitate to contact **Melissa Porter, the Camp Director, at mporter@alymca.org or by phone at 207 357-6678.** We want to make this summer at camp enjoyable for not only the campers and staff, but the parents as well.

Summer Day Camp Sessions 2025

Week	Dates	Theme	Field Trip Wednesday	Friday Dress-up Day	Reminders For the Week
1	July 7th-July 11th	Stars and Stripes	Black Mountain of Maine Rumford, ME	Wear your Red, White and Blue!	Camp shirts must be worn on Wednesday for field trip day!
2	July 14th-July 18th	Camp's Got Talent	OLEC: Outdoor Learning and Education Center Auburn, ME	Dress for your part in the talent show!	Twin Day on Wednesday A towel & bathing suits must be packed for Wednesday!
3	July 21st-July 25th	Amazing Race	The Belle Art Studio and Learning Center Wilton,ME	Dress like a tourist! backpacks, hats, sunglasses, or travel- themed accessories.	Please be sure campers wear older clothing that you don't mind getting dirty. They will be using paint.
4	July 28th-August 1st	Summer Fun	Moose Mountain Adventure Park Richmond, ME	Dress for a Beach Bash! Hawaiian shirts, leis, sunglasses, or beach hats.	Camp shirts must be worn on Wednesday for field trip day!
5	August 4th-August 8th	Olympic Games	Monkey C, Monkey Do Wiscassett, ME	Wear your Team Color for Camp Olympics!	Camp shirts must be worn on Wednesday for field trip day!
6	August 11th-August 15th	Carnival	OLEC: Outdoor Learning and Education Center Auburn, ME	Wear your Tye-Dye!	It's Crazy hair day on Wednesday!! A Towel bathing suits must be packed for Wednesday!