



YMCA

We build strong kids,
strong families, strong communities.

**YMCA CAMP FULLER
FAMILY INFORMATION PACKET
2009**

**YMCA Camp Fuller
619 Camp Fuller Road
Wakefield, RI 02879
401-783-5359 or 800-521-1470
401-782-6083 (fax)
www.ymcacampfuller.org**

Welcome to YMCA Camp Fuller! This booklet provides **essential information**- please read it carefully with your camper. If you have any questions, please don't hesitate to call us at (800) 521-1470 or (401) 783-5359. The office is open weekdays from 9:00 AM to 4:00 PM.

IMPORTANT CHECKLIST

- _____ Read the entire Family Information Packet
- _____ Complete all required forms (all forms are also available on our website at www.ymcacampfuller.org):
 - Health History (GREEN; two-sided)
 - Parent Authorization Form (PINK)
 - Letter to Counselor, Code of Conduct and Buddy Request (BLUE; two sided)
 - Optional Services Request (YELLOW)
 - * Camp Store Account, Waterski, Birthday, Changeover, Laundry
 - Transportation Request Form (TAN)
- _____ Send forms and payments based on the schedule below

IMPORTANT PAYMENT DATES

April 1, 2009 Leadership Development final fees due

May 1, 2009 All other sessions final fees due
Submit Forms

ALL FORMS MUST BE SUBMITTED BY MAY 1, 2009.

GENERAL INFORMATION

YMCA MISSION: "To put Christian principles into practice through programs that build healthy spirit, mind and body for all." Although rooted in the Christian tradition, the YMCA is an international organization that embraces people and practices from all denominations.

HISTORY: Camp Fuller is entering its 122nd camping season and is the third oldest youth camp in the country. Since 1912, the camp has been at its present location approximately one mile inland from the Atlantic Ocean on Point Judith Pond. Over the years, Camp Fuller has built a reputation as one of the finest saltwater sailing camps in America. Today a well-rounded traditional camping experience is offered, plus unique specialty programs.

ACCREDITATION: YMCA Camp Fuller is accredited by the American Camp Association (ACA), and as such, undergoes periodic standard inspections. The camp meets or exceeds all regulations for youth camps and is inspected by the RI Department of Health and YMCA camping officials. Camp Fuller also subscribes to the Principles of Operation set forth by the Rhode Island Association of Camps.

PROGRAM DESCRIPTIONS

ELECTIVE PROGRAMS: Camp Fuller strongly believes in campers making individual choices. Campers register weekly for 8 electives per day. Most electives are organized by age and ability groups. The only required program is lessons for non-swimmers and beginners. Camp Fuller uses the YMCA Progressive Swim Program.

WATER-SKIING/TUBING (Form Required): Campers who would like to participate in water-skiing must pay an additional fee of \$90. Water-skiing lessons are available for 1 1/2 hours per day for five days. **Campers are limited to one week of lessons per each session.** Every effort will be made to reschedule cancelled lessons but YMCA Camp Fuller will not refund for missed lessons. Individual instruction uses the National Water Ski Association guidelines. **Space is limited and waterskiing fills most sessions; early registration is advised.**

CHAPEL AND DEVOTIONS: Non-denominational services are held on the middle Sunday of each session. Each evening, just before lights out, cabin groups conduct devotions. Devotions are conversations between campers and staff. Participants are encouraged to reflect on the happenings of the day or discuss issues of concern in their daily lives. Devotions focus on the YMCA values of respect, responsibility, caring and honesty. Many parents report that devotions have a meaningful impact on their children's lives.

IN THE DIVISIONS

HOUSING: Campers live in either enclosed cabins or cabin-tents. The cabin-tents are rustic. The youngest campers sleep in fully enclosed cabins with electricity. Eight to ten campers are assigned to a cabin according to their age, with four divisions separating the older and younger children. Counselors live in the cabins. Beds are double-bunk cots with mattresses. Most campers bring sleeping bags, although sheets and blankets are acceptable. Personal belongings are kept in footlockers, luggage bins, etc. Containers holding personal belongings are stored under the bunks which are 14 inches off the floor. We recommend a spare key be given to the counselor if locks are used. Visit www.campfootlocker.com. and use code trail459fr for an option for footlockers.

CABIN BUDDY REQUESTS (Form Required): **Camp provides an opportunity to make new friends.** For this reason, we discourage requests that specific campers be placed together in a cabin. However, if you feel strongly that two campers should be together in a cabin, we will strive to honor the request. Please submit your request at least two weeks prior to your camper's check-in day.

LOST & FOUND: Mark all clothing and towels, or use iron-on name tapes. A written inventory taped inside the footlocker is helpful. In the past, many children assume their lost clothing has been taken, when in fact, it is merely not claimed. Campers should check the divisional lost and found regularly. On departure day before leaving, parents should look through the divisional lost and found. **Lost items will not be mailed back to campers.** All items left at camp will be given to a local charity. Name tapes for marking clothing are available at www.sterlingtape.com.

STAFFING: A carefully selected and trained college-age counselor is placed with each cabin group and lives with the campers. Staff members are chosen on the basis of their maturity, ability, values, and their sincere desire to work and live with children. Seasoned leaders, including a full-time Executive Director, Associate Director, seasonal Program Directors, Head Counselor, and key staff are responsible for supervision. All directors live on site during the summer season.

STAFF APPRECIATION (Tipping): Tipping of individual staff is prohibited. Please feel free to show your appreciation of staff by giving a donation directly to the camp office. An easy way to do this is to contribute leftover store money to the Staff Appreciation Fund. This money is used during the summer for staff events and for an end of the season staff banquet. As always, staff members enjoy short notes/letters of thanks from their campers.

CONTACTING YOUR CAMPER

Mail should be addressed as follows:

Camper's Name
Division
YMCA Camp Fuller
619 Camp Fuller Road
Wakefield, RI 02879

LETTERS: Campers are encouraged to write home. It is a good idea to send a letter to your camper a few days before s/he leaves for camp. This allows the camper to have mail on Monday, which can be a real boost to first time campers. In your letter show interest in camp life by asking what activities were chosen, and what new friends they have been made. Most child psychologists recommend refraining from writing about what they are missing at home. Encourage your children to try new things and tell them that you are proud they are at camp.

PACKAGES: Packages should be no larger than a shoebox. Packages that are too large will be returned to sender unless the contents are identified on the box. Please send no more than one package per week. Packages should be sent via UPS or Fedex. Other carriers, including the post office, do not deliver packages to camp.

Contents: Part of the YMCA mission is to build healthy kids. Include healthy options such as dried fruits, crackers, granola bars, etc. Gum and beverages other than water are not allowed. Campers look forward to receiving games, puzzles, magazines, etc. Care packages are available through www.eswak.com. and other companies on-line. If you bring food for your child with you on arrival day, please limit it to the amount noted above.

E-MAIL AND FAXES: You are welcome to send your children e-mail and faxes. These will be delivered along with the daily mail after dinner. In order to make this process smoother for families, we are collaborating with Bunk1.com to process camper e-mails and photos from camp. To set up your e-mail account, please use the Bunk1 link on the Camp Fuller website (www.ymcacampfuller.org). Faxes to campers will result in a \$1 per page charge to the camper's camp store account. E-mail charges are accrued through Bunk1.com. A reminder: E-mails are batched and e-mailed to us every night. We print them each morning and deliver them that evening. It may take almost two days for e-mail to get delivered.

PHOTO GALLERY: We want to make sure that you feel connected to your camper while s/he is at Camp Fuller. Throughout the summer, we will be downloading photos to the Bunk1.com web site.

TELEPHONE: Campers are not permitted to make or receive telephone

calls. The camp office will relay important messages to campers, but will not call campers to the phone. Please confine important calls to the hours of 9:00 to 12:00 and 1:00 to 4:00. After 5:00 PM you will reach voice mail. This is checked periodically in case emergencies occur. Campers may not bring cell-phones. If a camper brings a cell-phone to camp, it will be held in the office until the end of the session.

CHANGEOVER WEEKENDS AND VISITING

CHANGEOVER WEEKENDS (Form required): Two-week camp sessions end Saturday mornings. Campers who are staying for another session may stay at camp. These "Changeover" campers enjoy a special staff supervised outing offsite. Note: There is no Changeover between August 22 and 23 (Session IV and Specialty Camp). There is a \$75 fee for campers that stay for the Changeover. This fee is not pro-rated if campers miss meals or a program. There is a \$45 fee for early arrivals or late pick-ups.

VISITING DURING CHANGEOVER: If family members want to visit a camper during changeovers, they must sign the camper out. Due to the scheduled outing there are no staff or campers at camp from 2:00 PM to 8:30 PM on Saturday. Campers will be released only to those individuals listed on the Pick-up Authorization Form.

VISITING DURING SESSIONS. Visiting is not permitted during the sessions. If it is necessary for a child to leave camp during a session, written permission must be provided in advance by a parent or guardian and the person must be listed on the Pick-up Authorization Form.

WHAT TO BRING

This suggested list of items to bring to camp is based on a two-week session. Campers staying longer should plan to do laundry. (see "Laundry" under the "Services" section). We recommend older clothing, and certainly no valuables! In addition, campers may wish to bring personal items such as skateboards, baseball gloves, cameras, etc. Please be certain to mark everything clearly; we suggest an inventory list taped to the inside of your footlocker, suitcase, etc.

8-12 pairs underwear	Box of tissues
12 pairs of socks	Disposable Camera(s)
5 bath/beach towels and washcloth	Sunscreen
3 pairs jeans/long pants	Raincoat or poncho
8-12 t-shirts or jerseys	Insect repellent (non-aerosol)
6-8 pairs of shorts	Flashlight with extra batteries
3 long sleeve shirts	Hat for rainy/sunny days
Sleep wear	Sleeping bag or sheets/blanket
2 pair sneakers	Pillow and pillowcase
Jacket plus sweatshirt	Clothespins
3 swimsuits and swim goggles	Playing cards
Soap and Shampoo	Water bottle
Toothbrush, paste	Fanny Pack (for carrying inhaler or epi-pens)
Comb/brush	Sandals and/or aqua-socks
Plastic pail for shower items	Laundry bag with name written in permanent ink
Day pack for carrying towel, swimsuit, sandals, water bottle	
Pens and stationery with stamps & pre-addressed envelopes	
2 trunk keys--It is a good idea to give one to the counselor	

Camp Fuller reserves the right to have campers inventory their belongings in the presence of staff if the health or safety of other campers or staff indicates the need.

Please Do Not Bring:

Electronic devices that have internet access or display any video images (including I-Pods with video playing capabilities)

Cell-phones

Gum, soda or large amounts of junk food

Valuables (jewelry, money, etc.)

Bug spray in aerosol cans

HEALTH AND WELLNESS

HEALTH HISTORY FORM: (Two-sided required form): No camper will be allowed in camp without a completed health examination form! The front side must be completed and signed by a parent or guardian. The reverse side must be completed and signed by a physician. All campers must have proof of a medical examination within 12 months of their arrival at camp. The completed form should be mailed at least two weeks prior to your child's arrival at camp.

MEDICAL EXPENSES & INSURANCE: A copy of the front and back of your child's medical and dental insurance cards must be submitted prior to the start of camp. Camp Fuller does not carry accident or medical insurance policies for campers. No coverage of any type is offered or implied. Ultimate responsibility for all medical bills incurred lies with the parent or legal guardian. Such services will be billed to you or your insurance carrier.

PRESCRIPTIONS: All prescription medication must be checked in with the camp nurse on arrival day. Medication must be clearly labeled in its original container, accompanied by written instructions and be listed on the health form. Your child will self-administer his/her medication under

the supervision of the nurse or nurse's assistant. Parents must pick up medications from the nurse on check-out day.

- Children are expected to participate in their medical care and report to the assigned medication area when necessary. They must be familiar with the medication, when it is to be dispensed, and how much is to be dispensed.
- Medications at camp will be dispensed at these times only: 8:00 AM, 12:30 PM, 6:00 PM, and 9:30 PM. Please consult your doctor to make sure your child's prescription(s) can be adjusted to these times. If your doctor has concerns about the medication times, please contact the nurse prior to the start of camp.
- Children with allergies or suffering with asthma may carry their inhalers or epi-pens with them. Please provide a fanny pack to carry these items. Please discuss this with the nurse at check-in.
- If a prescription is required during camp, Camp Fuller will contact you for the credit card information. If we are unable to contact you, you will be billed at a later date.

MEDICAL SERVICES: Camp Fuller has a nurse available at all times. Thundermist Health Center of South County provides additional medical services, including referrals and routine office visits. Emergency Room care is provided at South County Hospital. If a camper requires hospitalization, physicians admit them to South County Hospital.

WELLNESS CENTER & CAMPER ILLNESS: Children who are suffering with a fever or acute illness stay in the Camp Fuller Wellness Center. A child must be picked up from camp if s/he must be isolated from other children, if the infirmary cannot provide the level of comfort the child requires, or if the child is suffering with a fever or acute illness lasting two days. In non-emergency situations, parents will be notified if their child requires a doctor's visit. If necessary, we will make appointments for campers to go to Thundermist Health Center. Parents also have the option of picking up their child and taking him/her to their physician. Parents will be notified in the event of an emergency.

HOMESICKNESS: Some campers become homesick. Staff are trained in how best to help a homesick camper. It is typical for a camper to be homesick for a few days, write a heart-wrenching letter home, and then become adjusted to camp by the time the family receives the letter and calls camp. Parents/guardians will be contacted if the situation warrants it, but most of the time it is not helpful to have the campers talk to their parents/guardians.

Parents can help avoid homesickness by:

1. Talking to the child about worries they might have about camp.
2. Sharing similar experiences
3. Arranging for the child to spend a night away from home with friends or a relative before coming to camp.
4. Telling the camper that if s/he feels homesick to share those feelings with the counselor or division leader.

5. Not telling their child that they will come pick her/him up if s/he is feeling homesick (that sets everyone up for disappointment).

FEES AND PAYMENTS

FEES & PAYMENT SCHEDULE: The balance of all camp fees must be paid no later than **May 1, 2009**. For those that enroll after May 1, full payment is due upon receipt of the registration. If necessary, a payment plan for monthly payments can be agreed on by May 1; please call our office for more information. We accept Visa, MasterCard, American Express and Discover credit or debit cards. Note: LD balances are due April 1.

REFUNDS: Your deposit is refundable, less a \$25 processing fee, until May 1. After May 1, no refunds of deposits or fees will be given. The only exception to this policy is a serious injury or illness. A written statement from your doctor is required. Cancellations or changes to registrations must be made in writing. If a camper leaves camp due to illness or injury a refund for the unused portion of the camp fees may be given.

WAIT LISTS: If a session is filled, your camper's name may be put on a wait list. Last minute cancellations do occur and vacancies will be filled in the order in which the registration was received.

SERVICES

TRANSPORTATION: VAN SERVICE: Van service is available from:

- * Metro North Station in Rye, NY
- * Logan International Airport in Boston, MA
- * Kingston Amtrak Station in Wakefield, RI
- * TF Green Airport in Providence, RI

Rye, NY van service (both to and from camp) will be on each Sunday check-in date, with the exception of the return trip at the end of Session IV, when campers return on Saturday, August 22.

Coming to Camp: Departure from Metro North Station (south side) at 12:00 noon. Arrival at camp at approximately 3:00 P.M.

Departure from Camp: Campers returning home via the van to Rye will stay one extra day (This is included in the fee). These campers will arrive at the Metro North Station (south side) at approximately 11:45 A.M.. The station telephone number is: 914-813-7777.

Directions to the Metro North Train Station in Rye:

From the South: Rt 95 North to Exit 20 (Rt 1 South/Post Rd)

Turn right onto Post Road. Turn right onto Purdy Avenue. Go under the tracks and make a right on Cedon Street.

From the North: Rt 95 South to Exit 22 (Midland Avenue). At the end of the exit, turn left onto Midland Avenue. Turn right onto Peck. Turn right into the station parking lot.

Airline Transportation: Domestic flights should fly in to TF Green Airport outside of Providence. International flights should fly in to Logan Airport in Boston.

Flights should arrive on Sunday between 1:00 and 5:00 PM. Departures should be Saturday between 10:30 AM and 2:30 PM. Flights scheduled outside of these time periods may be subject to an additional fee.

Airlines are requiring minors (children under 16 years of age) to fly unaccompanied minor or are requiring an adult chaperone to wait until the child's plane has departed. Any additional costs associated with this process will be the responsibility of the camper family. The airline fee for unaccompanied minors can be as much as \$100.00. Please contact your airline about its policy.

CAMP STORE ACCOUNTS: There are a variety of items available in our camp store, including: t-shirts, hats, sweatshirts, batteries, postcards, stamps, and personal items. Food is not available in the camp store. We recommend that campers deposit \$20- \$25 in the camp store for each week they attend camp. Please do not allow your camper to keep any cash while at camp. Remaining store account balances are refunded only upon request and must be claimed by October 1. All non-refunded money will go to the Staff Appreciation Fund.

LAUNDRY: Laundry services are available for campers staying more than one session. One and two week campers should bring enough clothing to last the entire session. Laundry is done each Monday at a commercial laundry. The cost is approximately \$15.00 per load. Campers must have a sturdy laundry bag with their first and last name permanently

marked on the bag. All clothes and towels should have nametapes or be marked with permanent ink. Camp Fuller cannot be responsible for items that may be damaged or lost by the laundry service.

ARRIVAL AND DEPARTURE

PICK-UP AUTHORIZATION FORM (Form Required): This form ensures the safety and welfare of your child in the event of an emergency that would prevent you from picking your child up from camp. Please write the names of at least two people, other than yourself, who are authorized to pick up your child. The person who picks your child up will be required to show a Photo ID and will sign your child out. Your child will only be released to the people listed.

ARRIVAL DAY: Campers should arrive according to the schedule below. Once you arrive at the main gate, staff will direct you to the proper division. If you are late, please call the office at (401) 783-5359. Campers who arrive before 1:30 PM will be charged a \$45 fee. Please remember that the camp road is closed to traffic from 1:00 PM to 1:30 PM.

DEPARTURE DAYS: Please arrive on Saturday (except for the specialty camps) at 9:45 to pick your camper up from camp. All campers should be picked up by 11:15 at the latest. Campers picked up after 11:15 will be charged a \$45 fee. Again, please do not arrive early! If you are detained for any reason, please call camp at (401) 783-5359.

IMPORTANT DATES AND TIMES TO REMEMBER

April 1	Final payment due for Leadership Development
March 21 & April 18	Spring Open Houses 10:00 to 2:00
May 1	Final payment and forms due for all campers

ARRIVALS

Session 1	Sunday, June 28	1:30—3:30
First Timers 1	Sunday, June 28	1:30—3:30
First Timers 2; Bonus Week	Sunday, July 5	1:30—3:30
Session 2	Sunday, July 12	1:30—3:30
Session 3	Sunday, July 26	1:30—3:30
Session 4	Sunday, August 9	1:30—3:30
Specialty Week	Sunday, August 23	3:30—4:30

DEPARTURES

Session 1	Saturday, July 11	9:45
First Timers 1	Saturday, July 4	9:45
First Timers 2; Bonus Week	Saturday, July 11	9:45
Session 2	Saturday, July 25	9:45
Session 3	Saturday, August 8	9:45
Session 4	Saturday, August 22	9:45
Specialty Week	Friday, August 28	5:00

DIRECTIONS TO YMCA CAMP FULLER

FROM PROVIDENCE/BOSTON: Follow I-95 South to Exit 9 (left exit) to Route 4 South. Route 4 merges with Route 1 South, heading towards Narragansett. Follow Route 1 through Wakefield, watch for highway sign “Jerry Brown Farm Road/Camp Fuller Road, Next Left” Make a U-turn at this exit and travel north on Route 1 for about 500 yards. Do not take the Jerry Brown Farm Road exit. Take the Camp Fuller Road exit. ****Go about 200 yards and you will see the Camp Fuller sign on the right. Turn right onto the dirt road, which is Camp Fuller Road. Follow this road to the end, which is about 1.3 miles. Please be sure to drive slowly (10 MPH) and carefully, as it is very narrow and you may need to give way to cars coming in the opposite direction.**

FROM CONNECTICUT/NEW YORK: There are two ways to reach Camp Fuller from the south and west. On any good beach day, we recommend the alternate route, as traffic around Westerly can be tied up for hours.

DIRECT ROUTE: Follow I-95 North to CT Exit 92 (toward Westerly). At the bottom of the ramp, go right and follow to the signs for Route 78. Take Route 78 East to Route 1 North. Follow Route 1 North until you pass the exit for Jerry

Brown Farm Road– you will see the Camp Fuller Road exit right afterwards. Take this exit and then follow the ** directions above.

ALTERNATE ROUTE: Follow I-95 North to RI Exit 3– Route 138 East towards Newport and URI. Continue on Route 138 to Route 110 in South Kingstown. Turn right at the light onto Route 110. Follow Route 110 to the end and merge onto Route 1 South. At the first chance, make a U-turn onto Route 1 North. Once on Route 1 North, follow directions above.