



YMCA OF GREATER HARTFORD



**2022 SUMMER  
PARENT GUIDE  
CAMP JEWELL YMCA**

# DEAR PARENTS & CAMPERS

We are so glad you have chosen to join us! Whether you are a new or returning camp family, we hope you are as excited about Summer Camp 2022 as we are!

Our goal at Camp Jewell is to create a place where lifelong friendships begin and kids can learn new things. Camp is about developing life skills that help kids build and maintain positive relationships, appreciating the differences in others, and feeling confident in the person they are becoming. Our staff is selected for their maturity, character and leadership capabilities to be positive role models for our campers. Many of our staff were campers at Jewell and have been through our extensive 3 year Leadership Training Program. We select our other staff members from across the world and colleges throughout the US.

This Parent/Camper Handbook should answer many of your questions concerning your campers' upcoming summer camp experience. Please read and save this guide as you will need it now and as your summer camp session approaches. We look forward to partnering with you and your camper!

In the Spirit of Camp,



Craig Dawson  
Executive Director

## CARING

Thinking beyond yourself to consider others and the greater good of our community.

## HONESTY

Telling the truth and becoming someone others know they can trust.

## RESPECT

The Golden Rule; recognizing your own sense of worth as well as that of others.

## RESPONSIBILITY

Learn what is within your own control and take accountability for it.





## OUR MISSION

The YMCA of Greater Hartford is a charitable association open to all and committed to helping people develop their fullest potential in spirit, mind and body. This commitment is reinforced by our belief in living out universal values of caring, honesty, respect and responsibility.

# OUR VALUES

If you ask a camper what they like about camp, most of them will say something about being free to “be themselves”. This is no happy accident, rather the result of a carefully crafted culture that is accepting of all, diverse in nature, and built on the values of caring, honesty, respect, and responsibility. We have reminders of this around camp and it is a core part of our morning thought of the day.

In addition, our YMCA is focused on building and strengthening communities. At camp we do this through:

- **Youth Development:** Nurturing the potential of every child and teen.
- **Healthy Living:** Promoting health and well-being through physical activity and healthy eating.
- **Social Responsibility:** Living as part of a small community and taking care of the camp environment

# STAYING IN TOUCH WITH CAMPERS

We encourage letters as the best way of communicating with your camper. Positive, supportive letters let your camper hear from you in a constructive way. You may want to send a letter a few days prior to the session to ensure that it is received while they are at camp.

Emails are downloaded each night and distributed the following day. Campers are encouraged to write letters as they don't have access to computers. We suggest supplying campers with paper and pre-addressed stamped envelopes. We ask that parents work with us in ensuring that campers DO NOT bring cell phones to camp. Your assistance is greatly appreciated, as possession of a cell phone will lead to automatic dismissal from camp!

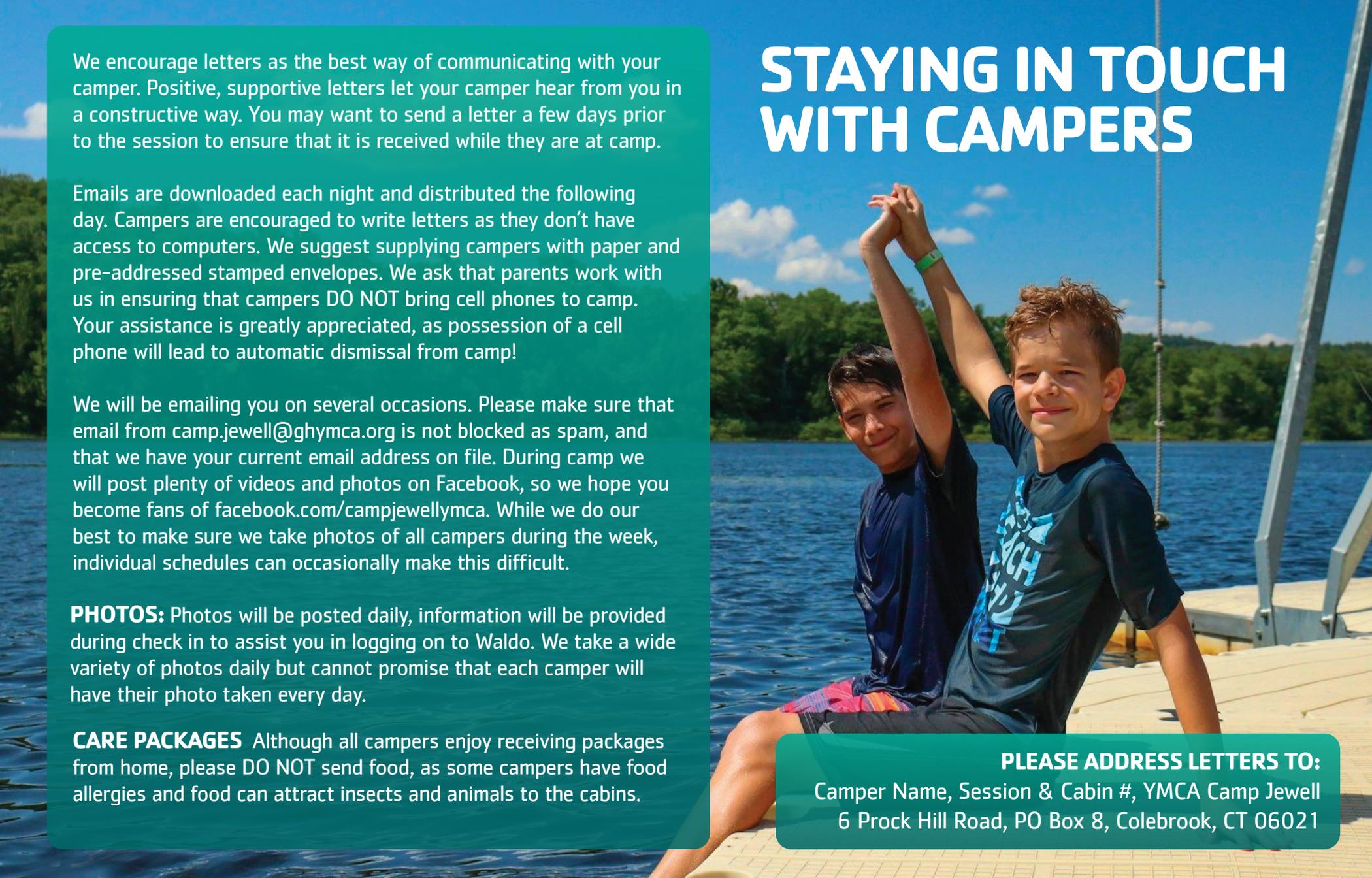
We will be emailing you on several occasions. Please make sure that email from [camp.jewell@ghymca.org](mailto:camp.jewell@ghymca.org) is not blocked as spam, and that we have your current email address on file. During camp we will post plenty of videos and photos on Facebook, so we hope you become fans of [facebook.com/campjewellymca](https://www.facebook.com/campjewellymca). While we do our best to make sure we take photos of all campers during the week, individual schedules can occasionally make this difficult.

**PHOTOS:** Photos will be posted daily, information will be provided during check in to assist you in logging on to Waldo. We take a wide variety of photos daily but cannot promise that each camper will have their photo taken every day.

**CARE PACKAGES** Although all campers enjoy receiving packages from home, please DO NOT send food, as some campers have food allergies and food can attract insects and animals to the cabins.

## PLEASE ADDRESS LETTERS TO:

Camper Name, Session & Cabin #, YMCA Camp Jewell  
6 Prock Hill Road, PO Box 8, Colebrook, CT 06021





## MEALS AT CAMP

Our kitchen provides campers with three well-balanced meals and one snack daily. Each meal includes several options with nutritious, fresh food being a focus. Camp can accommodate a variety of dietary needs and restrictions. Please feel free to contact camp with any questions.

# TRADING POST

We have camp apparel, stuffed animals, water bottles, snacks and other items for sale in our Trading Post for campers to purchase. We strongly request that campers NOT bring cash to camp. Rather, we ask parents to put money in your camper's store account prior to camp for the camper to charge against.

We recommend a minimum of \$50 per week. Unused money can be picked up at the end of session, or donated to the Camp Jewell YMCA Annual Campaign. The Trading Post is open during arrival and check out days so that you can pick up any additional items you would like to purchase. You can also check out our camp store at [www.mkt.com/campjewell](http://www.mkt.com/campjewell)



## BIRTHDAYS

We love birthdays! If your child has a birthday while at camp, please feel free to send a special card or care package. We'll provide the fun and a special treat for their birthday!!

## CABIN REQUESTS

We understand that campers often come with a friend they would like to bunk with. We strongly believe that camp is an opportunity to meet new people. As such, we limit requests to one per camper. There is a space on the registration form to make your request or you can contact the camp office. Requests will only be honored for campers of the same gender and within one year of each other in age. Both campers must also mutually request to be in the same cabin.

## VISITORS AT CAMP

Parents are welcome to visit and tour Camp Jewell on Opening and Closing Days of each session and by appointment any time during the year. For the safety of all campers, we ask parents not to visit during the summer sessions.



## FEES AND CANCELLATION POLICY

A \$250 non-refundable deposit per session/per child must accompany your camper's registration and will be applied to the total camp fee. The balance is due by 5/1/2022. In case of dismissal due to poor behavior or voluntary withdrawal (including homesickness), there is no refund of fees. A physician authorized medical excuse is required to be considered for refund of camp fees after 5/1/22. The refund will be prorated if your child is at camp at the time of cancellation.

## GRATUITIES

Our staff works hard to provide everyone with the best camp experience possible. We know that your child will have a great time at camp because of our caring staff and the program we offer, but please note that **gratuities are prohibited**, although our staff appreciates thank you letters. If your child had a great time, and you would like to provide this same experience to another child in honor of our staff, please consider a tax-deductible contribution to our Annual Campership fund in the name of your child's counselor.

# HEALTH CARE AT CAMP

Camp Jewell carries liability insurance only and does NOT provide health insurance. If a camper requires medical care by a doctor or hospital, the parent is financially responsible. We have a well-equipped Health Center with on-site Nurses as well as counselors who are trained in emergency First Aid and CPR. In case of illness, campers will be housed in the Health Center for no more than 24 hours. If deemed necessary; you will be contacted to pick up your camper.

In case of injury, Health Care Staff will take necessary steps to ensure proper emergency care, which may include treatment by staff for minor injuries, phoning you as the parent for your instructions, calling local EMS providers or transporting to a doctor or emergency care facility. It is very important that you provide us with complete emergency contact information. If you will be traveling, please list an itinerary and phone numbers where you can be reached. In the case of any injury that requires medical attention, we will make every attempt to contact you prior to treatment. In the event you cannot be reached, we will have on file (on the Health Form) your written authorization to treat an injury. If your child is ill, has been exposed to a contagious disease in the last 24 hours, or has a fever, please do not send them to camp.

# INSURANCE

You, as the parent or guardian, are responsible for all medical costs incurred because of injury or illness while your child is at camp. Please attach a copy of your insurance card, (front and back) to the health form. In the case of your child needing medical attention, treatment or prescriptions the camper's family medical insurance will be submitted as the primary coverage.

## HEALTH FORMS

All campers **MUST** have a completed health form on file. We cannot accept campers without this form. The State of Connecticut and our ACA Accreditation require it. The physical exam must be dated within 24 months of a child attending camp. **YOUR CHILD CANNOT BE ADMITTED WITHOUT A COMPLETED AND CURRENT HEALTH FORM.**

## CARE PLANS

Section 428-3(a) of the Connecticut State Statutes for camps requires a child's health record to include information regarding disabilities or special health care needs such as allergies, special dietary needs, dental problems, hearing or visual impairments, chronic illness, developmental variations or history of contagious disease. Individual care plans are required for the child with special health care needs or disabilities. The plan shall be developed with the child's parent(s) and health care provider and updated as necessary. Such plan of care shall include appropriate care of the camper in the event of a medical or other emergency and shall be signed by the parent(s) and staff responsible for the care of the camper.

Please note ALL medical forms must be uploaded onto our online system by the parent/guardian. There is a \$35 charge for camp to upload your forms.



# MEDICATIONS

Do NOT pack any medications in your camper's luggage. Prescription and nonprescription drugs must be submitted to the Health Care Staff in the original container with the licensed physician's instructions at check in. Please place each medication in a clearly labeled bag, (zip-lock bags work well, with camper's name, dosage and Camp Jewell Medication Authorization Form (one per medication). Unused medications will be returned to you during check out. Vitamins, over the counter medications, and homeopathic remedies count as medications that require a medical authorization form signed by a physician.

## SPECIAL NOTE ON TRIP PROGRAMS

All off-site trips are led by experienced staff that have had training in leading wilderness experiences; this includes Wilderness First Aid and/or Wilderness First Responder certification. We also utilize the services of local hospitals for any health emergency or illness. If there is an injury or illness, you will be notified immediately by the Camp Nurse or Director. All campers on field trips must have a parental signature/permission.

# MEDICATIONS

## OVER THE COUNTER MEDICATIONS

Please do not send any over-the-counter medication with your child. Our Health Center stocks Advil, Tylenol, throat lozenges, antacid tablets, Pepto-Bismol, Robitussin, Sudafed, Benadryl, and a variety of first-aid creams and ointments. The nurse may administer these medications to treat minor illness according to the instructions on the label. If the illness is not resolved or symptoms intensify, parents are notified and, if necessary, the camper is taken to the local health care facility. A full list of medications can be found in the Health/Medical Form.

## HEAD LICE

We encourage parents to check their child for head lice prior to arriving at camp. Our trained staff check for head lice and the presence of nits on the first day, immediately following check-in. If evidence of head lice is found, you will need to arrange for pickup of your child for treatment. The camper may return to Camp programming once treatment is complete and there is no evidence of head lice.



# WHAT TO BRING TO CAMP

Camp is all about having fun outdoors. Therefore, we strongly recommend that you not pack any clothing you would mind getting dirty or stained. The included packing list is to help in your preparation. A supplemental packing list is provided to those campers who are part of our Senior, Trip, Ranch or LIT programs. The best way to transport all necessary clothing and gear is in a footlocker (or plastic storage bin) no higher than 14" that can easily slide under a bunk.

A list of contents should be fastened to the inside lid and the camper's name should be clearly marked on the outside. Please do not forget bedding, including sheets, pillow, blankets and a sleeping bag for overnights. Mark ALL clothing and equipment with your camper's name. This will help us return lost items. The YMCA is not responsible for lost or damaged personal items. Every effort is made to return clearly marked items left behind. However, due to the volume of items we accumulate, long term storage is not possible. After 30 days any remaining lost and found is donated to a worthwhile charity.

Camp does not provide regular laundry service for campers. We do provide laundry service for special circumstances (bedwetting, etc.) We also provide laundry services for campers staying through consecutive sessions at Camp (hold-over weekends).

Campers will find their days filled with outdoor fun activities all while making new friends, disconnecting from the hustle and bustle of the outside world. To help promote this, please note that the following items are NOT allowed at camp: cell phones, skateboards, radios, iPods, iPads, walkmans, 2-way radios, portable TV's, e-readers, expensive jewelry, keyboards, laptop computers, knives, hatchets (and other items that could be used as weapons) along with drugs, vape pens, e-cigarettes, and alcohol. Campers will be dismissed from camp, and/or have items confiscated for violation of this policy.

**POSSESSION OF A CELL PHONE WILL LEAD TO A CAMPER BEING SENT HOME AUTOMATICALLY!**

A group of children are playing flag football on a wooden field. In the foreground, a boy in a red shirt and blue shorts is running with a purple ball. Another boy in a blue shirt and green patterned pants is running alongside him. In the background, a boy in a green shirt and blue shorts is running, and another boy in a blue hoodie and blue shorts is standing. The field is surrounded by trees and a wooden fence.

# BEHAVIOR EXPECTATIONS

It is our intention to provide positive, realistic expectations and guidelines for each camper to ensure their success at camp. The atmosphere that is created at camp is intended to make all campers feel physically and emotionally safe. Additionally, Camp Jewell YMCA has a strict policy regarding bullying. If issues arise, we will work with your child to resolve them and contact you to inform you of the situation. If bullying or behavior issues are a continuous problem, we will ask parents to pick up their child. Please note that refunds will not be given in such cases.

## SEND HOMES

In order to ensure that every camper has a safe and positive experience at camp, campers found to be in violation of any of the items below will be sent home at the discretion of the Camp Director.

1. Possession or use of illegal or prescription drugs.
2. Possession or consumption of alcohol.
3. Possession or use of any kind of weapon, including martial art tools.
4. Sexual Activity.
5. Tobacco Possession.
6. Running away, which includes "sneaking off."
7. Biting.
8. Possession of a cell phone.
9. Any form of bullying (including mental, emotional, and physical).
10. Violent or dangerous behavior (including self harm).

Consequences for fighting are to be determined by the camp director. However, physical aggression typically results in dismissal from camp.

## SAFETY AND SECURITY

Safety is of primary importance at Camp Jewell YMCA. We are accredited by the American Camp Association (ACA) and are visited every five years to assure compliance with the ACA standards. In addition, we are fully licensed by the State of Connecticut. The ACA collaborates with experts from the American Academy of Pediatrics, the American Red Cross, and other youth-serving agencies to assure that current practices at your child's camp reflect the most up-to-date, research based standards in camp operation. Camps and ACA form a partnership that promotes growth and fun in an environment committed to safety. Earning this accreditation means that we have demonstrated compliance with more than 300 individual health, safety, and program quality standards. These standards establish criteria for program, personnel, transportation, administrative procedures, health care, food service, program activities, and emergency procedures. Accreditation assures parents and campers that we have been measured against national standards for best practices in the camping industry and we are proud to be among only 25% of camps in the United States that are accredited. For more information on the ACA, please check out their website [www.acacamps.org](http://www.acacamps.org)

# PARTNERING WITH PARENTS



While campers are at the forefront of what we do at summer camp, the relationship we have with parents—and the whole family – is important to our entire staff. We know that whether it is a campers’ first time away from home, or their tenth time at camp, communication is important.

We pledge we will:

- Offer your child a positive, safe and supportive community where kids make new friends, try new things and learn independence and other life skills.
- Upload photos online daily so you can see what your child and his/her friends are enjoying at camp. We want you to feel connected to the stories shared with you when the session is over.
- Send an email from your child’s counselors within the first several days of the session letting you know how your child is doing.
- Ensure we return any calls you make to camp with questions or concerns before the end of the following meal.
- Update our social media and blog with news as to what’s happening at camp several times each week.
- Provide a “Parent Portal” section on our website that links you with various resources to help prepare you and your child for camp.

# ARRIVAL AND DEPARTURE INFORMATION

Please ensure your campers medical forms and authorization are uploaded online to your account ahead of time. Medical authorization forms must come with the original medication during check in. We cannot accept any medication, prescribed or over-the-counter, without this form. This includes vitamins and homeopathic remedies.

Your balance must also be paid in full.

Campers will be checked in either by age group or alphabetically. We will communicate the exact check-in time prior to the start of your child's session. Check-in time is between 1:30 and 3:30 pm. Siblings can check in at the same time regardless of age or surname.

Check-out is between 9:30 and 11:30am on the last Saturday of the session. Plan to arrive after 9:30am. Campers are not ready to check-out before this time. Cars are not allowed into camp before 9:30am.

Please note LITs, and Ranch campers check out at 9:30am at Hide-A-Way Ranch.

You will be directed to your child's cabin group upon arrival to meet your child's new friends and counselors and pick up luggage. You must have provided the office written permission for someone else to pick up your child and have photo ID. You may also view the closing session slideshow, pick up trading post balances, medications and lost and found, and register for camp next summer after you pick up your child.



# SAMPLE SCHEDULE

Every day at camp is a new adventure. Activities vary by age and village. The schedule below is a sample of an typical day.

- 7:00 am The bugle blows—Rise and Shine Campers!
- 7:40 Thought of the Day
- 8:00 Flag Raising
- 8:15 Breakfast
- 8:45 Shared Responsibility
- 9 - 12 pm Skill Clinics
- 12:15 Lunch
- 12:45 Mail Call
- 1:00 Siesta Time; a time to relax, write, home, or take a nap
- 2:15 Cabin Challenge Time - cabin-focused activities
- 3:15 Juice Jam at the Trading Post
- 3:45 Cabin Swim Time
- 5:10 Thunderdome! All campers gather and share their day
- 5:30 Dinner
- 7:00 Large Group Evening Activity
- 8:30 pm Back to cabins for Embers and lights out!

# SUGGESTED PACKING LIST

Please mark camper's name clearly on ALL belongings!

PACK ENOUGH CLOTHING AND BEDDING FOR THE DURATION OF YOUR STAY.

Laundry facilities will be provided ONLY for emergencies or for campers staying more than one session.

Clothing	Clothing	Bedding	Toiletries, etc
<input type="checkbox"/> 11 T-Shirts	<input type="checkbox"/> 2-3 Sweatshirts	<input type="checkbox"/> Sleeping Bag (optional)	<input type="checkbox"/> Soap
<input type="checkbox"/> 4-5 Jeans or Long Pants	<input type="checkbox"/> 2-3 Long Sleeve Shirts	<input type="checkbox"/> Pillow with Pillow Case	<input type="checkbox"/> Toothbrush/Toothpaste
<input type="checkbox"/> 6-8 Pairs of Shorts	<input type="checkbox"/> Raincoat/Poncho	<input type="checkbox"/> Fitted Sheet	<input type="checkbox"/> Comb/Brush
<input type="checkbox"/> 13 Pairs of Underwear	<input type="checkbox"/> Shoes/Sneakers	<input type="checkbox"/> Flat Sheet	<input type="checkbox"/> Shampoo/Conditioner
<input type="checkbox"/> 13 Pairs of Socks	<input type="checkbox"/> 2-3 Bath Towels	<input type="checkbox"/> Blanket	<input type="checkbox"/> Bathroom Caddy
<input type="checkbox"/> Jacket	<input type="checkbox"/> Water Shoes		<input type="checkbox"/> Feminine Hygiene Products
<input type="checkbox"/> Hat or Cap	<input type="checkbox"/> 2-3 Pairs of Pajamas	Mattresses are twin size with a plastic coating. You will be more comfortable if your mattress is covered with sheets.	<input type="checkbox"/> Face Masks
<input type="checkbox"/> 2 Bathing Suits	<input type="checkbox"/> Hiking shoes/Boots (broken in)		
Miscellaneous	Miscellaneous	Miscellaneous	Additional Items for Ranch Camp
<input type="checkbox"/> Laundry Bag	<input type="checkbox"/> Beach Towels (2-3)	<input type="checkbox"/> Pen/Paper/Stamps	<input type="checkbox"/> 4 Additional Pairs of Pants or Riding Pants
<input type="checkbox"/> Camera	<input type="checkbox"/> Flashlight	<input type="checkbox"/> Swimming Goggles	<input type="checkbox"/> Riding Helmet (optional)
<input type="checkbox"/> Sunscreen	<input type="checkbox"/> Book	<input type="checkbox"/> Playing Cards	<input type="checkbox"/> Riding or Paddock Boots
<input type="checkbox"/> Sunglasses	<input type="checkbox"/> Extra Batteries	<input type="checkbox"/> Insect Repellent	<input type="checkbox"/> Half Chaps (optional)
<input type="checkbox"/> Water Bottles (2)	<input type="checkbox"/> Small Backpack		

**DO NOT BRING:** Fireworks, Alcohol/Tobacco Products, Knives, Food, Blow Dryers, Curling Irons, Aerosol Cans, Valuable Jewelry, Food, Electronic Devices, Including: Cell Phones, iPods, iPads, Gaming Systems, E-Readers, Laptops. **Camp Jewell YMCA is not responsible for damages to clothing or personal items brought to camp from home. Attach this list inside of trunk or suitcase and use as a check-list when leaving camp.**

# CAMP JEWELL HISTORY

Camp Jewell was founded by the Hartford YMCA in 1901 on the banks of New Hampshire's Lake Swanzey with all of three tents, cooking utensils and a pair of rowboats. It was named after Colonel Charles A. Jewell, then the Hartford Y's president. By 1903, 75 boys attended camp - to get there, many of them took the train to New Hampshire and then biked, hiked or rode horseback to the lakeside camp.

Ultimately it's the people who've made the biggest impact on who and what Camp Jewell is today. The camp and its leadership continued to expand over the next decades. By 1920 cabins and other facilities had been completed, and in 1923 one of camp's most influential leaders had joined the ranks. Archie "Pal" Knowles served as Jewell's seventh director until 1945. Walt Malins, who served camp as director after Pal, regarded him as a gifted leader. "Archie Knowles was the most beloved youth worker in the whole New England area," he once said. "Everybody looked to him. He was a true Christian, a religious man, and everyone he worked with took on an aura from him." Mr. Malins served as the director from 1946 to 1960, overseeing the move from Swanzey to the Colebrook location we call home today.

As Lake Swanzey became a popular vacation destination, it lost its remote and tranquil feeling and the search for a new home began. The Colebrook site was purchased in 1951, and four years later, the modern Camp Jewell was opened - a camp rooted in the traditions established over our more than 100-year history.



## CAMP JEWELL YMCA OUTDOOR CENTER

6 Prock Hill Rd

Colebrook, CT 06021

P 888 412 2267

F 860 379 8715

E [camp.jewell@ghymca.org](mailto:camp.jewell@ghymca.org)

W [www.campjewell.org](http://www.campjewell.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

