



YMCA
Camp Elphinstone

Off to Camp Guide: Summer Day Camp



Keep Our Promises | Put People First | Lead by Example | Do the Right Thing

Our Mission:

YMCA BC is a charity committed to building thriving, healthy and vibrant communities.





Welcome to YMCA Camp Elphinstone!

Dear Campers and Families,

Thanks for choosing the YMCA for your camp experience—we're looking forward to a great summer! Whether it's your first time at camp or you're a returning camper, this guide is full of important information you will need to know to prepare for camp.

Talking to your child about their upcoming adventure is an important step in ensuring a positive experience for everyone. Being at camp is very different than being at home. We are part of activity groups of up to 16 people, enjoy meals together as a group at our outdoor picnic pavilion, and are outside most of the day. This type of lifestyle means that we work together to ensure that everyone's camp experience is positive. We expect all campers and staff to treat each other with respect and help others enjoy their time at Day Camp.

We hope to answer many of your questions in this guide, but should you have any further questions about your upcoming camp experience, please contact us. Early communication allows us to address concerns before your child arrives at camp, ensuring an easy transition on the first day. Camp may look and feel different this summer compared to previous ones, as we may make adjustments to meet provincial health orders in order to give you a safe and fun camp experience. We will communicate with your family prior to the start of camp with updates on what to look forward to and expect.

We can't wait to see you this summer! Sincerely,

A handwritten signature in black ink that reads "ANDREW SPONAGLE".

Andrew Sponagle
Director, YMCA Camp Elphinstone

A handwritten signature in black ink that reads "Emily McFarlane".

Emily McFarlane
Summer Camp Director

YMCA Camp Elphinstone

1760 YMCA Road
Gibsons, BC, V0N 1V6

T: 604.886.2025

F: 604.886.2363

E: camp.elphinstone@bc.ymca.ca



Expectations at Camp

Respect for Yourself:

At YMCA Camp Elphinstone, we live by basic principles of respect. Every person at camp has the responsibility to know their own limits and take care of themselves physically and emotionally. As camp is a very busy place, much different than being at home or school, we support campers in recognizing when they need to rest or to take some time for themselves. Counsellors make sure that all campers have time for personal hygiene, an opportunity for quiet time, and an opportunity to talk about how they are feeling each day.

Respect for Others:

We also expect that each person at camp has respect for all others at camp. Our YMCA believes that every participant has the right to a safe environment and equal treatment by all without discrimination. A camp experience is a wonderful opportunity to learn about the incredible things a group can accomplish together while welcoming the differences in individuals. We ask that everyone respects the physical and emotional boundaries of others. We work hard to support all campers and ensure that everyone's experience provides opportunity for fun and learning. While working in a group, challenges may arise and we work through them together in a safe and productive way. In situations where a camper is unsafe and harming themselves or others, they may be removed from the program. See our Camper Behaviour Policy among the Health & Safety info section later in this guide for more.

Respect for the Environment:

At camp we are careful that excess garbage is not left around for wildlife and critters. Respect for the camp environment also includes keeping all of our buildings, trails and equipment in good repair. Campers and staff are expected to take initiative in sustaining the beauty of our camp for future guests to our site and to provide a safe and healthy environment for everyone.



Camp Activities and Packing Lists

YMCA Camp Elphinstone has many exciting activities to offer. All activities are age-appropriate and participation is based on the size, skill and safety of the campers. Your camper will have an opportunity to participate in a variety of activities such as:

Waterfront

Sailing, canoeing, kayaking, swimming, voyageur canoeing and stand-up paddleboarding.

Outdoor Living Skills

Canoe trips, backpacking/hiking trips, outdoor cooking, shelter building, fire building and orienteering.

Land Sports and Challenges

Archery, low ropes courses, rock climbing, basketball, gaga ball, volleyball and tetherball.

Creative and Environmental

Arts & crafts, discovery hikes, nature walks to "Big Tree", global education and marine beach studies.

Daily Schedule

There is something to be excited about each day at YMCA Camp Elphinstone! This year, Day Camp participants will be rotating through a variety of activities, allowing all campers to try out everything we have to offer and gain the full summer-camp experience.

Some regular camp traditions are in store for the final two days of the week. We'll be celebrating a different Theme Day every Thursday, when we get dressed up and enjoy fun games and team competitions related to the weekly theme! We'll let you know in advance what theme we'll be celebrating during your week in case you'd like to get a costume prepared.

On Friday, we wrap things up with Day Camp's Got Talent! All talents are welcome and campers will get a chance to practice beforehand. Why not team up with some of your new friends to put on a memorable group performance? We can't wait to see everyone hit the stage!

See below for an outline of the week's schedule. Times and activities are subject to change.

Day Camp Schedule					
	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:15 a.m.	Arrival & Community Meeting				
9:15 - 10:30 a.m.	Camp Tour & Icebreakers	Activity Rotation	Activity Rotation	Theme Day Activities	Day Camp Initiative Challenge
10:30 - 10:45 a.m.	Flow Time / Snack				Flow Time / Snack
10:45 a.m. - Noon	Activity Rotation	Activity Rotation	Activity Rotation		Tuck Shop Visit & Talent Show Prep
Noon - 1:00 p.m.	Lunch				
1:00 - 2:15 p.m.	Intro to Waterfront & DC Beach Party	Day Camp Beach Party			
2:15 - 2:30 p.m.	Changing & Flow Time				
2:30 - 3:45 p.m.	Activity Rotation	Activity Rotation	Activity Rotation	Day Camp Theme Day Game	Day Camp's Got Talent
3:45 - 4:00 p.m.	Meeting at Mackenzie Hall				
4:00 p.m.	Camper Pick-up & Bus Departure				

Daily Recommended Packing List

Our outdoor programs continue rain or shine. For your child's comfort and well-being, please come prepared for the weather.

- Water bottle
- Waterproof rain gear with hood
- Rubber boots
- Shoes (runners and water shoes)
- Swimsuit
- Towel
- Hat (for sun and rain)
- Sunscreen (minimum SPF 30)
- Change of clothes depending on the age of your child
- Nut-free afternoon snack

What Not to Bring:

At YMCA Camp Elphinstone, we believe that a camp experience should be a return to the basics, where campers can develop a sense of harmony with nature, themselves and others.

If any of the items listed below are brought to camp, they will be collected by camp staff and returned to the parent/guardian at the end of the camp session.

Please ensure the items listed below are not brought to camp:

- Mobile phones
- Electronic toys or gaming devices (e.g. Nintendo Switch)
- Personal media players (e.g iPod, iPad)
- Food, candy or gum
- Matches
- Knives
- Fireworks
- Toy guns or water pistols
- Expensive watches or smart watches
- Jewelry
- Any other valuables or items with significant meaning



Lost and Found

Amongst the excitement of summer at YMCA Camp Elphinstone, we understand that some items may be misplaced during your camper's visit. As such, it is very important to leave treasured items at home, and to label your child's belongings, increasing the chance they will return home with all items.

If you would like to inquire about a lost item, please email us at camp.elphinstone@bc.ymca.ca with "Lost & Found" as the subject line, and include the camper's full name, session and description of the lost item(s).

Your patience is appreciated as we look for your lost items as our staff team is busy during the camp season and may not be able to locate missing belongings right away. Unclaimed lost items will be held for one week after the last day of the camp season, after which they will be donated. The YMCA is not responsible for lost, damaged or stolen items.





Health & Safety at Camp

An enjoyable experience begins with a healthy participant. Your child's good health—physical, social and emotional—is very important to us. Our programs emphasize careful planning to ensure high safety standards are in place. We are a member of the British Columbia Camps Association and many of our YMCA practices exceed the BCCA standards.

Staff are trained to reduce the risk of and respond to emergencies. All staff hold current CPR and First Aid certifications and all waterfront staff are certified lifeguards (NLS). Depending upon their role at camp, many staff possess additional qualifications.

All campers and staff must wear personal floatation devices (PFDs) during waterfront activities at all times, including while in boats, on paddleboards and while swimming. Swim testing and bracelets will not be implemented as in past years. All PFDs are provided at camp.

The health and safety of your child is our first priority. We comply with various health and safety regulations and industry standards to ensure a safe environment.

Complete Health & Safety information can be reviewed by visiting our [Camp Elphinstone Day Camp page](#).

Head Lice:

Upon arrival, your child will be checked for head lice—we STRONGLY recommend that caregivers check their campers for lice prior to start of camp. If lice or nits are found by our staff, your child will not be permitted to come to camp until they are nit-free. Ideally, it takes 7-8 days to effectively kill/remove lice and nits, so we suggest checking your child's head at least one week prior to arrival and then again the day before you send them to camp. Please keep in mind that it can be difficult for a child to integrate into their group if they miss the first day or two of camp.

If you don't know how to check for head lice, please talk to your family doctor or a public health nurse. Although lice do not carry disease and are not considered "dangerous," they are a nuisance! Please help us keep our camp a lice-free zone.

If lice or nits are found by our staff upon arrival and your child is not permitted to come to camp, **there will be no refund provided.**

Dietary Restrictions:

At Camp Elphinstone, we take all camper dietary restrictions seriously and provide appropriate alternatives at each meal served where required. We take every step in offering and informing campers of the alternatives made available to them at each meal.

Prior to your child's camp session, it is important to talk to them about the following:

- It is the camper's responsibility to ensure they are following their required diet.
- If they have any questions or concerns regarding the food provided at camp they should speak to a YMCA staff member right away.

If you need to review or edit your camper's dietary needs, you can do so through your YMCA Community Portal profile at myymca.ca, or by contacting our registration team at camp.elphinstone@bc.ymca.ca.



Accessibility at Camp:

The YMCA welcomes children of all abilities to our programs. Camp Elphinstone staff are trained and able to assist campers with physical and developmental disabilities. In the event that your child requires one-on-one support, one of our Inclusion Counsellors will be assigned to ensure your child's needs are met. Our Inclusion Counsellors will help modify and adapt programming to ensure your child is included and integrated into the Camp Elphinstone experience. If your child requires one-on-one support while at camp, please contact us prior to arrival to discuss how we can best support your child.

Inclusion at Camp:

Recognizing that prejudice, discrimination, and stereotyping are prevalent through society, we are dedicated to the creation of a safe, secure space for those seeking services with us. It is the policy of YMCA Camp Elphinstone to maintain and promote a facility that provides the highest quality of services to our campers regardless of their actual or perceived gender identity or sexual orientation. We encourage parents/guardians of any transgender, trans*, and gender non-conforming campers to contact the Camp Director to discuss the commitments to inclusion made by YMCA Camp Elphinstone and how we can best welcome and support your camper.



**Camp Behaviour Policy:**

At YMCA Camp Elphinstone our staff are trained and experienced in providing high quality care for our campers, ensuring the needs of each individual are met. We expect that all staff, volunteers, campers and parents/guardians are focused on making Camp Elphinstone to be a safe environment for everyone, both emotionally and physically.

Camper Dismissal:

If a situation arises where a camper threatens the safety of another camper, or if a camper shows a complete disregard for camp rules, that individual may be dismissed at the discretion of the Camp Director/Manager. The camper's family is responsible for any costs associated with that individual's dismissal and no refund will be given if the dismissal is due to behavioural reasons or concerns. It is the responsibility of the parent or guardian to pick the child up or arrange for pick-up upon dismissal.

Possession of Illicit Substances:

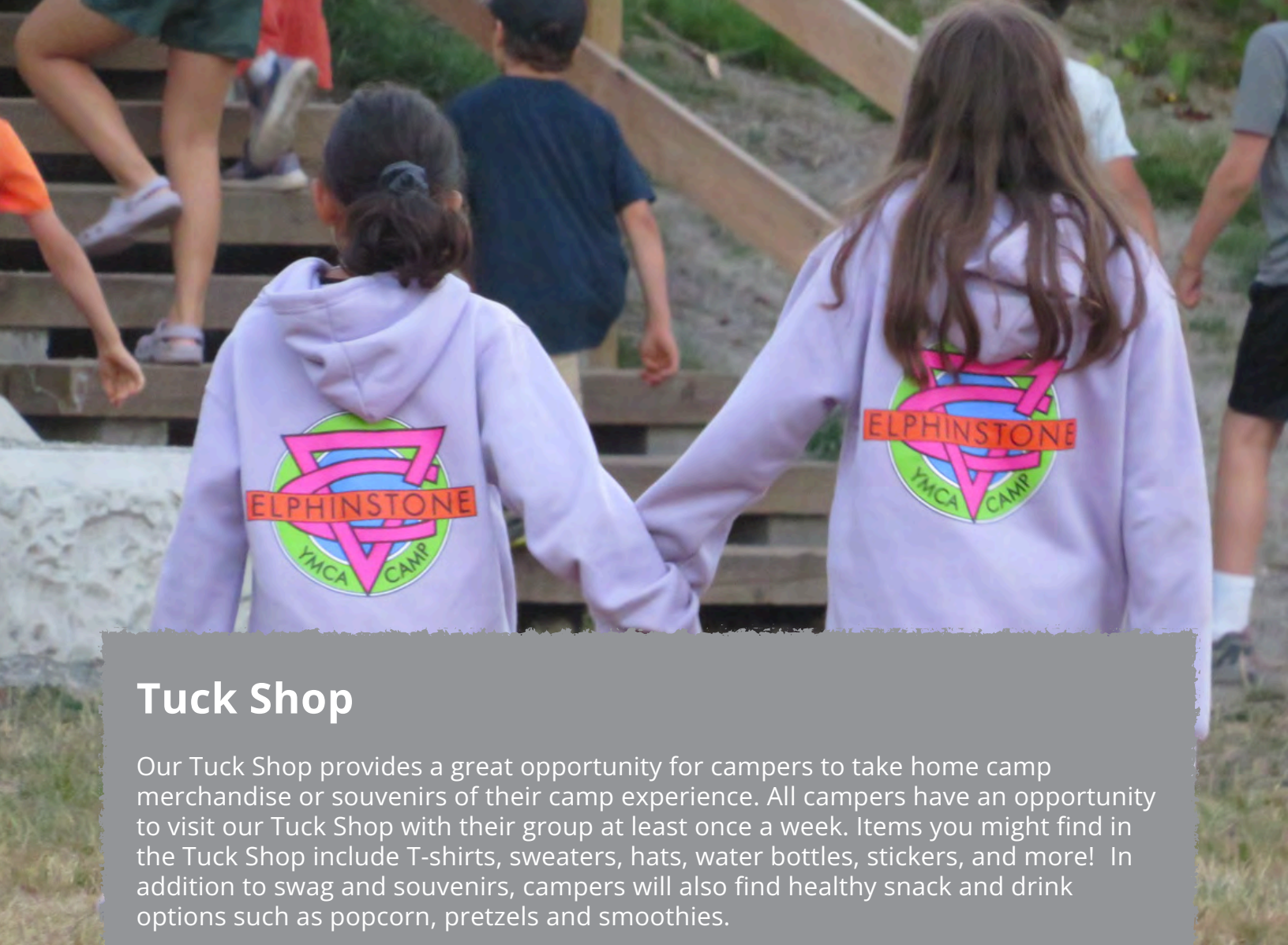
Smoking, vaping or vaping devices, the consumption or possession of alcohol, cannabis, and/or non-prescription drugs are not permitted on YMCA property. Any camper who disregards this policy will be automatically removed, regardless of circumstance or degree of participation.

Transferring Camp Sessions Policy

You will need to contact our office at least one week prior to your camper's arrival at camp in order to transfer to another camp session. Please call our camp office at 604-939-9622.

Cancelling Camp Sessions Policy

To cancel your camp registration, notification must be received in writing no later than two weeks prior to the start of the camp session in order to receive a full refund (less the non-refundable, non-transferable deposit.)



Tuck Shop

Our Tuck Shop provides a great opportunity for campers to take home camp merchandise or souvenirs of their camp experience. All campers have an opportunity to visit our Tuck Shop with their group at least once a week. Items you might find in the Tuck Shop include T-shirts, sweaters, hats, water bottles, stickers, and more! In addition to swag and souvenirs, campers will also find healthy snack and drink options such as popcorn, pretzels and smoothies.

Tuck items can be paid for with cash or gift cards, which are purchased online and become credit on your camper's account that is redeemable at camp. Tuck Shop Gift Cards can be added in \$10 increments to your camper's account via the YMCA Community Portal at myymca.ca. If you would like assistance purchasing Tuck credits, please call our registration team at 604-886-2025. If you have questions, please email our team at camp.elphinstone@bc.ymca.ca.

Please take note of the following:

- Tuck Shop items range in price from \$2 to \$60.
- Stock and pricing are subject to change.
- Tuck credits must be added at least two business days before your camper arrives.
- Any campers who have a remaining credit balance of more than \$10 will receive a reimbursement at the end of the summer-camp season.
- Credit balances below \$10 will be donated toward providing financial assistance to families who otherwise could not afford to participate in camp programming.



Transportation - Getting to Camp

Parents/guardians are required to sign campers in with YMCA staff in the morning, and sign them out in the evening. For your child's safety, every person who may pick up your child **MUST** be listed on our sign-in forms and they must be prepared to show government photo identification. If you need to add someone to your registration, please email camp.elphinstone@bc.ymca.ca.

For your child's safety, if you wish to change your transportation selection, we require written notification of the change **two weeks prior to the camp session start date** — please email the camp office at camp.elphinstone@bc.ymca.ca.

If you are unable to make the scheduled time on pick up day, please contact the camp office at 604-886-2025. The scheduled arrival and departure times provided are very important, as they enable our staff and campers to enjoy each day at camp. If your child is going to be late or absent, please contact the camp office at 604-886-2025.

Travelling by Bus

Transportation is provided in YMCA vehicles or school buses. Please ensure you arrive at the bus stop at least 10 minutes prior to the scheduled bus time and allow up to 15 minutes for delays. If you miss the bus, please drive your child to camp and contact us directly at 604-886-2025. Your child must be signed in upon boarding and signed out upon leaving with YMCA staff on board the van/bus.

At the end of the day, if you arrive late to a pick-up location, your child will remain on the bus and will travel to the final scheduled stop on that route. YMCA staff will coordinate with camp and will remain with your child. Please contact us should this occur.

If you wish for your child to be able to walk home from the bus, please ensure that the camp office has written notice of this. You may provide notice by email to camp.elphinstone@bc.ymca.ca. YMCA staff will only release your child to the person(s) listed on the registration form.

Location	To Camp	From Camp
Half Moon Bay Elementary (8086 Northwood Road)	7:45 a.m.	5:15 p.m.
Sechelt Elementary (5800 Cowrie Avenue)	8:00 a.m.	4:50 p.m.
Davis Bay at Pier 17 (Highway 101)	8:15 a.m.	4:40 p.m.
Roberts Creek Elementary (1088 Roberts Creek Road)	8:30 a.m.	4:25 p.m.
Elphinstone Secondary (Front parking lot, Gibsons Way)	8:45 a.m.	4:15 p.m.
Dougall Park Lower Gibsons (Angle parking area)	8:55 a.m.	4:10 p.m.



Travelling by Car

Please ensure that your child is on time for camp. When children arrive late, they miss important parts of the day. If you know your child will be late on a specific day, please contact us at 604-886-2025 or send a note with your child the day before. Your child must be signed in and signed out with YMCA staff at the upper parking lot/Mackenzie Hall.

Drop-off: 9:00 a.m.

Pick-up: 4:00 p.m.

Directions to YMCA Camp Elphinstone

YMCA Camp Elphinstone is a 2 km walk or a three-minute drive from the Langdale Ferry terminal. After departing the terminal, turn right at the lights and follow Port Mellon Highway to YMCA Road (first road on the right). Follow YMCA Road until you see the YMCA Camp Elphinstone sign. Check in at the upper parking lot/Mackenzie Hall.

