



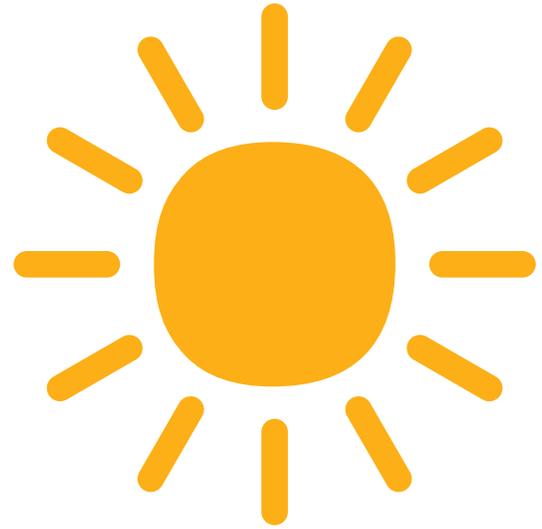
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CREATING FAMILY MEMORIES

Sequoia Lake Family Camp Guide 2020
YMCA OF THE REDWOODS

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FAMILY CAMP PREPARATION

Suggested Packing List

Equipment

- Bedding—Camp provides the mattress if you booked a cabin; bring your own pillow and sleeping bag.
- If you are tent camping you must provide your own tent and sleeping bags/ pillow.
- Ground Tarp - For tent camping
- Sleeping Pad - For tent camping
- Day Pack/Backpack
- Flashlights - Camp can be very dark at night! A nightlight is suggested for inside the cabin if your family has young campers.
- Water bottles
- Reusable hot beverage mugs
- Journals
- Camera
- Rain gear
- Sun/rain hat
- Sun Glasses

Clothing/Personal Care Items

- Clothing - Dressing in layers is the best for the cold evenings and mornings at camp.
- Bring old clothing you don't mind getting dirty!
- Warm Jackets/ Sweat Shirts
- Toiletries - Toothbrush, toothpaste, soap, shampoo, and other personal care items.
- Sunscreen - SPF 15 or higher recommended
- Towels - For shower and lake
- Flip Flops- For shower and lake only
- Swimming gear
- Shoes - Tennis shoes and hiking boots are recommended. Bring an extra pair, especially for mud or rain. Closed toe shoes are required for some activities.
- Snacks (if desired) - Please note that leaving snacks in cabins, tents or cars is not recommended due to wildlife presence.
- Food for special dietary needs - We do our best to accommodate special dietary needs (i.e. vegetarian, gluten free, dairy free) when we know ahead of time. However, some guests choose to bring additional items as backup.
- Rain Poncho/ Rain Jacket
- Bug Repellent

Extra Items to Bring

- Sand/Water toys
- Board games for the evening
- Clothesline to dry wet items on
- Beach chairs
- Extension cords
- Additional blankets
- Musical instruments
- Costumes for Theme Meals - Crazy Hat Dinner, Family Look A-Like Dinner, Pajama Breakfast
- Tools for Popsicle Stick Regatta (e.g. exacto knife, adhesives)
- Fishing Pole/Tackle
- Paving Stones for Mosaic Stepping Stones
- White clothing items for tie dying (i.e. tee-shirt, socks, pants)
- High chair/booster seat for young campers

***Please do not bring alcohol, drugs, tobacco, pets, weapons, fireworks, personal sports equipment, or vape pens.**

Lost and Found

YMCA of the Redwoods and its staff are not responsible for lost, stolen, or damaged possessions. Please label all of your belongings. Lost and found collected at the end of a weekend will be held in storage at YMCA of the Redwoods for up to two weeks before being donated to a local charity. The Program Director may be contacted to search through stored items for you.



GETTING TO CAMP

Driving Directions

YMCA Sequoia Lake Family Camp is located near Kings Canyon National Park at Tulequoia Village. If you are driving to camp, use the directions noted below. **DO NOT USE ONLINE MAPPING SERVICES.** Many of the online mapping services we have tested send people to camp via State Route 245, an old windy narrow road. We want your entire camp experience to be pleasant, including your drive. Refer to the directions noted below for the quickest and easiest driving route to camp.

From Fresno and Northern California

1. Follow Hwy 99 into Fresno
2. Take the CA-180 E to Kings Canyon exit
3. Follow CA-180 E for approximately 45 miles (until 5400 ft. elevation)
4. Look for the green Sequoia Lake Sign
5. The turnoff is on the left, just after the sign
6. Merge to the right and take the lake road
7. Stay on the lake road until you reach Tulequoia Village

From Visalia and Southern California

1. Take Hwy 99 to Visalia
2. Take the Hwy 198 to Visalia exit
3. Follow Hwy 198 E to the Hwy 63, Central Visalia exit
4. Turn left onto Hwy 63 (Court St.)
5. Follow 63 N until it dead ends at Hwy 180
6. Turn right on CA-180 E
7. Follow CA-180 E until about 5400 ft. elevation
8. Look for the green Sequoia Lake Sign
9. The turnoff is on the left, just after the sign
10. Merge to the right and take the lake road
11. Stay on the lake road until you reach Tulequoia Village

Fuel/Travel

There is no gas available at or near Sequoia Lake. Gas is available on the way to Sequoia Lake on Hwy 180 in Squaw Valley and Dunlap. The winding mountain roads unfortunately lead some campers to experience motion sickness. You may wish to avoid heavy meals or consider motion sickness medication prior to the trip if you or your child are prone.

Road Conditions

The Sequoia Lake road in and out of camp will be travelled heavily on the first and last day of each camp session. There are five camps around the lake which means a steady stream of passenger vehicles, service vehicles, vans, school buses, and charter buses on the road. Please be extra mindful of the posted speed limit (15 mph), blind curves, pedestrians and wildlife.

Parking

Upon arriving to camp please park in the provided parking spaces. Parking is allowed only in designated spots. During check in hours staff will be on hand to guide you to a parking spot. Cars must remain in the parking area during the week however you and your family are able to leave site. Please plan on moving your own luggage from the parking area to your living area for the week.

Check In Information

Arrive at Sequoia Lake Tulequoia Village after 2:00pm. Check in is required for you to receive your cabin/ tent assignment and to turn in the necessary YMCA waivers. If you arrive early you will not be able to check in or enter camp until 2:00pm. To speed up the process, please print, sign and bring with you the three attached waivers.

- Release and Waiver of Liability
- Code of Conduct

At check in you will also receive additional information about the week, including a schedule with planned activities. Our first meal will be served at 6:00pm.

Check Out Information

All guests must be offsite by 10:00am. On the last day of camp, breakfast will be held at an earlier time to help with this transition. An all camp clean up time will take place on the final day of program. You do not need to formally check out. We do ask you to please remove any trash from your cabins and tent sites at the end of program.

YOUR FAMILY'S STAY AT YMCA SEQUOIA LAKE

Sequoia Lake Family Camp is a fun and rustic camping experience for all. Please be prepared to enjoy the dust, dry, hot weather and cool evenings. Camp is located just outside of Sequoia, Kings Canyon National Parks. Only an hour from Fresno, the camp is surrounded by redwoods, pines and starry nights that provide for a breathtaking and memorable experience for all.

Cabins

Cabins are rustic, equipped with bunks and mattresses and have electricity (no heat or running water in cabins). Cabins share a central bathhouse that includes showers and toilets.

Tents

Sites are located on a meadow that overlooks the lake. Hook ups are not available. Bathrooms are located approximately a 3 minute walk from the tent camping meadow.

Meals

Family Camp includes three meals a day starting with dinner on the first day. An afternoon snack will be provided each day of camp. We encourage you to sit with people you do not know or invite others to share your table.

Please let camp know about any dietary restrictions as soon as possible. We offer a healthy variety of food and are able to accommodate some vegetarian, gluten-free, dairy-free diets. If you have dietary restrictions beyond that please bring your own food.

Camp will provide coffee and hot tea throughout the day for campers. If you would like to bring your own coffee press and grinds there will be hot water available for use.

Quiet Hours

Please observe lake wide courtesy quiet hours between 10:00 PM- 8:00 AM. During that time amplified music, drumming, screaming or any other loud disruptive noises are prohibited for the respect of all campers.

Emergency Procedures

On the first day of camp we will conduct an emergency drill to review the procedures. In case of emergency, please be aware of the following procedures:

1. An alarm will announce the emergency.
2. When you hear the alert, everyone should go directly to the field.
3. YMCA staff will direct you in the next steps.

If you have an emergency, please contact a staff member immediately.

For an immediate contact at camp you may call 559-335-2603 which will connect you directly with the Tulequoia Village office at YMCA Sequoia Lake.

Cell Phone and Internet Access

YMCA Sequoia Lake Family Camp is an electronics-free camping experience. We ask that you leave tablets, laptops, and music players at home and use your phone only as needed. Family camp is about disconnecting from outside distractions, having conversations with new friends, building strong relationships as a family, and enjoying the beauty of nature. Cell phone service is limited to non-existent around camp and in case of emergency a land line phone is available for use. There is no wi-fi access around camp.

Weather

Weather in the Sierra's is difficult to predict however during the summer it tends to be sunny, warm and dry during the day and cool at night. It can rain during the summer months so we encourage participants to be prepared for the chance of rain/thunderstorms.

Wildlife

YMCA Sequoia Lake Family Camp is home to many different types of wildlife. We have seen bears around Lake Sequoia but generally they avoid campers. As a precaution we ask that you do not keep food in your cars, tents or cabins as this can attract unwanted animals. Due to the dry climate, insects are not typically bad. Mosquitoes come out at night so bring bug repellent, long pants, and long-sleeved shirts if you get bothered by them.

Participation and Activity Information

Participation in any event/activity is optional. A wide variety of activities will be available. You will receive a schedule of activities, meal times, and more upon arrival. We encourage you to do as much or as little as you wish.

Some of our programs have guidelines and restrictions. Please ask the Program Director if you have any questions.

Lakefront Guidelines

The lakefront will be open at specific times during camp. Participants are only permitted to enter the lake when lakefront lifeguards are present and on duty. For safety, if a child ages 13 and younger wishes to be in the lake without a parent or guardian within arm's reach in the water or participate in certain water sport activities, he or she will need to take a swim check led by one of our staff. The swim check consists of two parts:

1. Swimming a stroke for a distance determined by the lakefront staff.
2. Treading water for one minute

Children who are unable to perform either part of the swim check cannot be in the lake without an adult in the water within arm's reach at all times.

If you, as the parent or guardian, are going to be in the lake with your child at all times, your child does not have to take the swim check.

To use the lakefront water equipment participants must complete the swim check and wear an Approved Personal Flotation Device as all times (these will be provided). Individuals who do not complete the swim check are only permitted to use the row boats with a guardian.

At the Y, safety is our number one priority. Please help us by following our lakefront guidelines and listening to our lifeguards, who have a serious responsibility to prevent and react to emergencies. We believe in the values of caring, honesty, respect and responsibility, so please be considerate of others. Running, diving, horseplay, and inappropriate language or behavior is not acceptable.

Additional lakefront guidelines will be communicated at check in.

High Ropes Course

Among the trees you will find a double layered high ropes challenge course with continuous belay system to push your limits, face your fears and have a whole lot of fun! Due to the nature of the activity participation is limited to those 13 years old and above.

Other elements will also be offered during the week and will be listed in the schedule.

Rain

All of our programs run rain or shine! In the event of severe weather (lightning/high winds) program changes will be posted in the Dining Lodge.



Traditions

YMCA Sequoia Lake Family Camp is a family camp program rooted in community and traditions. For those of you who are first time campers we are excited to invite you to the community and hope you are ready for a week of fun and relaxation! YMCA Sequoia Lake Family Camp has a few established traditions we would love to share with you to help you prepare for the week to come.

Popsicle Stick Regatta

Every year at YMCA Sequoia Lake Family Camp we hold a Popsicle stick regatta. Participation is optional. Participants each receive a set amount of supplies which include Popsicle sticks, a sheet of paper and a bag. You do not need to bring any additional materials to participate (tools will be provided). You have until the regatta to construct a boat using these materials.

Triathlon

Families are able to participate in this loved tradition that takes place around the lake every year. The triathlon includes swimming, rowing and running. We recommend you bring a swimsuit, towel and outdoor running shoes to participate.

Youth Overnight Campout

During the camp week younger campers will be given the option to camp out in the woods with our staff. If your camper would like to participate in this, we highly encourage they bring a sleeping bag to camp.

Pinewood Derby

Participants are provided with the materials to make their very own pinewood box car and race them on a pinewood derby track. Materials are provided by camp for this fun and traditional activity.

Themed Meals

During the week there will be several meals where participants are encouraged to dress up. These themes include a Crazy Hat Dinner, a Family Look Alike Dinner (your family dresses in theme together or to look alike) and a Pajama Breakfast. Participation is optional and if you do not bring items to wear but would still like to participate, you can use materials set aside in our arts and crafts shed to create a costume.

Campfire

Some nights of camp we will round out our day around the campfire with songs, skits and stories. Families traditionally sign up ahead of time to perform skits and songs at these campfires. Performing is optional but participation as an audience member is highly encouraged.



PARENT RESPONSIBILITIES AT YMCA OF THE REDWOODS

Supervision of Children

Direct supervision of children is the responsibility of the parents at all times, including during meals and programs. YMCA staff cannot be left in charge of children, unless during Kids Club hours. Kids Club hours will be listed on the program schedule you will receive at check in. We hope that you discover a stronger relationship with your family during your time at camp. We have adventures designed for you and your family to experience together and encourage you to explore camp with one another!

Code of Conduct

All family members are required to behave in a responsible manner, and to respect the rights and dignity of others while at YMCA Sequoia Lake. All family members must adhere to the code of conduct. Participating in a program gives implied consent. Participants are encouraged to be responsible for their personal comfort and safety and to ask any person whose behavior threatens their comfort to refrain. If a participant feels uncomfortable in confronting the person directly, they should report the behavior to a YMCA staff person. Any person who is acting outside a generally accepted standard of conduct could be subject to consequences including immediate removal from the program without refund.

Health Care at Camp

There is no medical staff on duty during Family Camp Programs. Parents are responsible for their family members' health and should bring over the counter medications and first aid supplies. Please inform staff of any emergencies. In the event of late night emergencies the director on duty's phone number will be available upon check in.

Payment and Refund Information

Fees are non-transferable. Payment in full is required at time of registration. We will refund program fees for cancellations made 30 days prior to the start of the session, less a cancellation fee, or in the event of illness or injury verified by a physicians statement.

Insurance

Parents/guardians are responsible for any medical costs incurred as a result of injury or illness while your family is at camp.



**YMCA OF SILICON VALLEY
RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT**

Camper's Name: Last

IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA (or for my children to so participate) for any purpose, including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgment that such premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE INCLUDING, BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY OFF-SITE PROGRAM AFFILIATED WITH THE YMCA, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

1. THE UNDERSIGNED, ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releases") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releases or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any loss, liability, damage or cost they may incur due to the presence of the undersigned or such children in, upon or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releases or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releases or in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or otherwise while participating in any program affiliated with the YMCA.

First

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

I HAVE READ THIS RELEASE.

..... Print Name of Applicant/Parent Print Name of Child in Program
X Signature of Applicant/Parent Print Name of Child in Program
..... Print Name of Applicant/Parent Print Name of Child in Program
X Signature of Applicant/Parent Print Name of Child in Program
..... Date Date

Session

CODE OF CONDUCT

At the Y, we are an inclusive organization that strives to create a nurturing, genuine and hopeful environment where all people feel welcome, comfortable, connected and secure.

WHAT WE WANT TO ACCOMPLISH

- Increase the experiences, opportunities and relationships that help youth thrive
- Teach the Y core values of caring, honesty, respect and responsibility in all programs
- Provide opportunities for youth to serve others
- Strengthen positive family communication and relationships
- Motivate, support and encourage habits of healthy living
- Encourage and enable adults to enrich their lives through service and giving that strengthens their community
- Develop and cultivate community collaborations for youth development and healthy living

Therefore, we have adopted the following Code of Conduct that applies to everyone in our facilities and participating in our programs.

INDIVIDUALS ARE EXPECTED TO:

- Uphold our core values of caring, honesty, respect and responsibility
- Follow facility usage and safety rules
- Maintain an atmosphere free of derogatory or unwelcome comments, conduct or actions
- Maintain an atmosphere free of negative behavior focused on another's sex, race, ethnicity, age, religion, disability, sexual orientation, or any other legally protected status
- Be respectful and cooperative with staff and fellow participants

THE FOLLOWING ARE NOT ACCEPTABLE IN OUR FACILITIES AND PROGRAMS:

- Abusive, harassing, intimidating or obscene language or gestures
- Threats of harm, physical aggression or violent acts
- Anything visible that conveys a message of hate, exclusion, intimidation, threat or violence
- Weapons of any kind
- Smoking
- Damage or defacing YMCA property
- Possession, sale, use, or being under the influence of alcohol or other controlled substances
- Offensive or unlawful conduct

Our first priority is to protect our participants, especially our children. Where participation is contrary to that value, we reserve the right to deny access to any person, including one who has been charged with or convicted of any crime involving violence or sexual abuse or who is required by law to register as a sex offender.

Failure to follow this code of conduct will result in immediate action, which may include eviction from the premises, loss of privileges, and suspension. The Y may contact security, police or other authorities for assistance or to take appropriate legal action.

If you experience or observe inappropriate conduct, we encourage you to promptly report your concerns to our staff. We will make every effort to ensure that reports are investigated and resolved promptly and effectively.

Printed Name

Signature

Date