



# SKATE LIKE A GIRL GIRLS &/OR TRANS YOUTH OVERNIGHT CAMP

## Family Information Sheet

Thank you for your interest in joining us at Skate Like a Girl's Overnight Camp for youth. This document should answer many of your questions! If you have additional questions or concerns, please contact us:

- Programming/General questions - [overnightcamp@skatelikeagirl.com](mailto:overnightcamp@skatelikeagirl.com)
- Registration/Financial Aid - [active@skatelikeagirl.com](mailto:active@skatelikeagirl.com)

### WHO'S THIS CAMP FOR?

This camp is exclusively for girls &/or trans, non-binary and gender expansive skaters, ages 8-17.

**CAMP DATES:** Sunday, July 28th - Friday, August 2nd

### ARRIVAL / DEPARTURE

- Arrival will be on Sunday, July 28th between 12-3pm
- Departure will be on Friday, August 2nd between 12-3pm

### GENERAL REFUNDS NOT RELATED TO ILLNESS, INJURY, OR PROGRAM CANCELLATION:

**\*\*\*After June 1st, 2024, NO refunds will be granted.\*\*\***

All registrations have a 10% non-refundable deposit. This non-refundable deposit covers administrative processing and costs of registration management. Any request for a refund will be honored in full, minus the 10% non-refundable deposit, if requested by June 1st, 2024. We are not able to refund these processing fees. Refunds can only be processed, either: back to the original form of payment OR as a credit towards a future Skate Like a Girl program. NOTE: if you need to pick up a camper early, you will not be eligible for a refund.

### LOCATION:

[Search "YMCA Camp Sequoia Lake" in Google Maps](#)

Address is: 49716 CA-180, Miramonte, CA 93641

Directions to camp (watch this video before you leave, service is spotty once you arrive) <https://www.instagram.com/p/CRjaalXh--e/?igshid=MDJmNzVkMjY%3D>

Families are responsible for getting their campers to and from camp. Skate Like a Girl and YMCA will NOT be running shuttles or supporting with transportation of campers to camp location.

**ARRIVAL:** All campers are to arrive at camp between 12:00PM and 3:00PM on SUNDAY, July 28th. Please arrive no earlier than 12:00PM (Noon). Our staff need intentional time to set up for camp check in, and will not have the ability to interact or accommodate early arrivals. Drop off will require an adult to sign the camper in on-site. Campers will not be admitted to and from camp without an adult present.

**DEPARTURE:** All campers are to depart camp between 12:00PM and 3:00PM on FRIDAY, August 2nd. Pick up will require an adult to sign the camper out on-site. Campers will not be admitted to and from camp without an adult present.

If you plan to have anyone other than the camper, parent/guardian or emergency contact listed on the registration signing your camper in/out, please communicate this while filling out the registration form for camp. If there are specific needs related to your child's sign in/out, please note this on the registration form. If your pick up/drop off plans change please notify us immediately.

For FRIDAY departure, we expect parents/guardians to be on time (between noon-3:00PM) for camper pick up at the end of the week. If campers are not picked up on time, our staff will call contacts listed on the registration form. If any camper departs after 3:00pm, you may be charged a late pickup fee of \$50\*. Each additional 15 minutes delay may incur an additional \$50 fee\*.

*\*These fees are put in place so that our staff can be paid for any additional time spent working after camp is completed, and so that this is not a continual issue that prevents our staff from getting to other post-camp jobs or other responsibilities.*

### **CAMPER CODE OF CONDUCT**

We ask that all campers and families abide by our Camper Code of Conduct. Parents/Guardians, please review the following with your child prior to their camp's start date:

- Follow all directions given by Skate Like a Girl & YMCA staff and volunteers.
- Respect all counselors and fellow campers, ensuring everyone feels welcome and safe.
- Wear a buckled helmet while skateboarding. Additionally, we strongly recommend campers to wear wrist, knee, and elbow pads.
- Communicate appropriately by not using foul language, gestures, or unfriendly tones of voice.
- Be kind and not cause deliberate physical and/or emotional harm of counselors or campers, such as bullying, pushing, kicking, or hitting.

### **PRONOUNS**

At Skate Like a Girl, we are committed to creating spaces where campers and counselors of all genders feel welcome. In order to not misgender anyone, we ask our counselors and campers to share their pronouns with the group if they'd like. If youth don't wish to share their pronouns, and opt to use their name instead, that's totally cool. If you have additional questions, please contact us.

### **CONSENT**

Skate Like a Girl values and practices consent at all of our programs. This means counselors will ask for consent before assistance with gear/pads, taking photos or videos of campers, and providing physical support to spot tricks. If a camper declines physical support for trick tips, we will remain contactless and skate "smarter not harder," and only attempt obstacles or tricks that skaters can complete on their

own. All campers must wear a helmet at all times, and we strongly encourage all campers to wear elbow, knee, and wrist protection as well.

## **COMMUNICATION**

Camp is a time for youth to discover all the wonders of the outdoors while making friends and forming memories that will last a lifetime. Part of the camp experience is establishing a feeling of independence, and this comes from providing a very robust schedule while limiting access to technology.

### **Parent/Guardian Communication**

Skate Like a Girl staff use the parent/guardian email address in your ACTIVE account to communicate important information to families before, during, and after camp. Skate Like a Girl staff will contact a parent/guardian directly by phone in the case of an emergency or if any concerns arise about their camper.

### **Letters/Packages for Campers**

PLEASE DO NOT MAIL/SEND ANY ITEMS TO CAMP. Hand offs only. Mail is very slow at camp, and we request that you do not send mail or items to your camper. Instead, we encourage you to either bring a letter or take advantage of our letter-writing station during drop-off. Letters or care packages can be given to the leadership team onsite and we will store them and give them out during camp.

### **Telephone Calls**

Campers are not allowed to make or receive personal phone calls during their stay at camp except in the case of a family crisis, emergency, or when deemed necessary by Skate Like a Girl staff.

Why are cell phones not allowed at camp? First off, most cell phone service is not available up at camp, that deep into the Sequoia National park. Also, when youth come to Camp, they—and you—are making a leap of faith, temporarily transferring their primary care from you as their parent/guardian to us as camp staff. We believe this emerging independence is one of the greatest benefits of Overnight Camp, and one of the main reasons why we do not allow cell phone use (outside of taking photos/videos for camp memories) as well as, other two-way communication devices (iPad, tablet, laptop, etc.) at camp.

Skate Like a Girl staff are trained to look for signs that a camper is experiencing a challenge in their adjustment to camp. We will contact a camper's parent/guardian whenever additional support is needed.

## **HOMESICKNESS**

Campers of all ages experience some feelings of missing home as they transition to camp life. These feelings are valid and expected, and our staff have a variety of strategies to help campers process their feelings.

If a camper talks to staff about wanting to go home, we chat with them, validate their feelings, and look for any issues in the camp environment. Our goal is to help them focus on the positives of camp to reduce their desire to go home. If a camper is still

having a hard time coping with homesickness, staff will call the camper's parent/guardian and discuss additional strategies for support. By working together, we are confident that healthy adjustments can be made to ensure your camper enjoys the rest of their time at camp!

### **Tips for Families & Youth Preparing for a Week Away at Skate Camp**

While camp staff are well trained in helping children cope with homesickness, there are also steps families can take to help their campers prepare for their time at camp:

- Talk with your camper about Skate Like a Girl's Youth Overnight Camp to help build excitement and positive anticipation.
- Look through our Overnight Camp photo gallery OR watch our Overnight Camp recap videos from last year!
- Arrange practice time away from home, such as long weekends with friends or relatives.
- Do not promise your youth that you will "rescue" them if they don't like camp. Many families tell their campers this with the best of intentions, but it can cause unintended issues while at camp.
- Do not create a plan to have your youth call you anytime they are feeling sad/homesick. This can amplify the emotions coming up and make it hard for youth while at camp.
- Create a game plan for if they feel homesick, such as encouraging them to talk with staff if they feel sad or upset, or journaling their emotions.
- Discuss what camp will be like, including staying in cabins, group meals, camp activities (ex: skating, swimming, canoeing, dance parties, lake launch, art workshops, wilderness skills, and campfires each night).
- Practice friendship skills, such as introducing themselves to others, and getting curious about other folks' hobbies and interests.
- Be honest that they might feel homesick— it's normal, it's a part of a young person's growth and their cabin counselors will support them through it.
- Remind them it's okay to miss home AND have a great time at camp all at the same time.
- Avoid sharing your own personal anxiety with your child, such as telling them how much you'll miss them.
- Avoid telling camp "horror stories" when sharing your own personal camp memories. What might be funny to you may scare your camper or cause unnecessary anxiety.
- Involve them in camp preparation, like shopping for toiletries and packing their bags.
- If your camper is experiencing extreme anxiety about attending camp or if they have experienced homesickness in the past, please indicate this in the camp registration form.
- Slip a positive, reassuring, non-sentimental letter or postcard in their luggage for them to have during their time at camp.
- If you and your youth live in our chapter cities, join us at programs prior to camp to meet other youth and staff possibly going to camp!

## **ILLNESS POLICY**

*Please note that these policies are ever-evolving, and our team will do our best to communicate any/all changes as soon as possible.*

Skate Like a Girl asks all campers and staff who are feeling ill in any way prior to camp to stay home and take care of themselves. If campers are exposed to COVID before arriving to camp, we request families administer a home test. If the test result is negative and no symptoms are being experienced, campers can come to camp. If test results are positive and/or campers are experiencing symptoms of illness, we ask campers to stay home and recover. Campers are able to be at camp once they test negative and are no longer experiencing symptoms.

## **INJURY POLICY**

Campers who acquire any minor injury while at camp will be kept comfortable and engaged in camp activities to the best of the Skate Like a Girl Staff's ability. If campers acquire any severe injury while at camp, Skate Like a Girl Staff will get in communication with camper's family immediately to create an action plan with camper safety & health as the highest priority.

## **COVID PROTOCOL**

All campers AND parents/guardians/family members dropping off campers must administer a self-test the morning of Day 1 of camp. Please take a photo of your **NEGATIVE** test results and show camp staff the photo upon arrival to camp (this applies to **EVERYONE**, including parents/guardians/family members who are not staying at camp). If you test positive please do not come to camp, stay home and recover. Campers can come to camp once they are able to provide a negative test and are no longer experiencing symptoms.

Please be as **CAREFUL** as possible in your time leading up to camp ie) wear a mask indoors, while traveling (on flights, while carpooling) and in crowded areas outdoors. Help us prevent COVID from ruining our time at camp.

## **COVID CHECKPOINT AT CAMP**

Upon arrival all campers and co-travelers will be asked a series of screening questions pertaining to COVID19. If any questions are answered with a "yes" we will ask those camper(s) to return home to quarantine.

## **COVID SAFETY PRECAUTIONS**

Masks will be optional (indoors/outdoors) at camp this year. Though you are welcome to, you do not need to use group facilities, for example, there are individual showering and toilet stalls for people to use.

## **COVID EXIT PLAN**

If anyone comes down with symptoms and/or tests positive for COVID during camp, we will ask them to leave camp within 24 hours. All campers and parents/guardians/family members should have an exit plan for campers to depart within 24 hours of testing positive. For example: having someone to come pick you

up. We do not have the infrastructure to house/care for campers who test positive for COVID19.

Skate Like a Girl asks all campers and staff to consider using COVID safety measures including masking when traveling to camp and in the days leading up to camp, in an effort to reduce exposure to COVID for the safety of yourself and your fellow campers and staff – thank you!

Skate Like a Girl asks all campers and staff who are feeling ill in any way, or think they have been exposed to any illness, to stay home and take care of themselves.

Skate Like a Girl asks all campers and staff to bring with them 2-3 self-administered rapid tests, and test yourself at the first indication of symptoms, protecting yourself and your fellow campers is of utmost importance.

If you are experiencing any of the following symptoms prior to camp: please take a self-administered rapid test at your earliest opportunity and be in communication us: [sfbay@skatelikeagirl.com](mailto:sfbay@skatelikeagirl.com) / P: 888-401-0195 ext 3

- Coughing, sneezing, runny nose and/or cold like symptoms
- Sore throat and/or congestion NOT due to allergies or bad air quality.
- A repeated temperature over 100.3 for more than 1 day; consecutive days or not
- Loss of taste or smell, trouble breathing, potential exposure to illness
- Body chills or aches

### **IMPORTANT TO KNOW**

There is no cell phone service or wifi at camp (make sure your camper is prepared to disconnect!) As noted, there is no wifi at camp and we highly encourage electronics to stay at home to embrace the opportunity to be off screens. However, if campers need to bring portable electronics, there are power outlets in cabins and in communal areas such as the dining hall. We will share an emergency contact phone number for parents/campers to communicate in case of an emergency.

Alcohol, drugs, tobacco, pets, weapons, or fireworks are NOT allowed at camp. Helmets are REQUIRED while skating. We will be enforcing this policy. Bring your own helmet with you to camp!

### **NO PERFUME PLEASE**

We request that all participants, staff and guests refrain from wearing perfume, cologne, and other fragrances, due to people who have an allergy to fragrance (protected under the American Disability Act.)

**SKATEBOARDING GEAR 101** – *If you are looking to purchase your child their own gear for skate camp, here is our best advice:*

- We strongly **recommend a skateboard that is a “popsicle” shape**, and we do not recommend longboards, penny boards, or cruisers. If you have further questions about where to purchase a quality skateboard or safety gear, please contact your local chapter.
  - Decks can be any width, from 7.5–8.5 in
  - Wheels can be any size, from 52–56 mm and ideally 95–105 durometer
- Although they seem like a good deal, mass-produced skateboards from department stores will make it harder for your child to roll, gain speed, and turn. Further, they add to the risk of falls due to an inability to properly steer or roll. **We HIGHLY recommend investing in a higher quality board.**
- Proper pads are very important. **Good pads cover the elbows and knees completely**, and have large plastic plates to allow sliding on concrete without skin contact. The straps should fit snugly around knees and elbows, without easily falling off or constricting movement. Helmets should fit snugly on the head, without causing a headache (too tight) or flopping around (too loose).

#### WHAT TO BRING:

- **Masks** - we ask all campers to come to camp with a couple masks and self administered COVID tests just in case of an outbreak.
- **Hand Sanitizer** - We strongly recommend sending your child to camp with their own personal bottle of sanitizer.
- **Refillable Water Bottle** - Soda and/or energy drinks are not allowed. Water stations will be available all across camp. Pro tip: Make sure your child’s name is on their water bottle.
- **Sunscreen** - We encourage the application of sunscreen for outdoor venues. Our staff are not authorized to provide any medications to your child, including sunscreen. Campers need to apply their own sunscreen each day.
- **Layers** - Please send your child with a long sleeve shirt, hooded sweatshirt, and a jacket.
- **Skateboard & Helmet** - In addition to mandatory helmet use by all campers, Skate Like a Girl also strongly recommends the use of elbow, knee & wrist pads!
- **Snacks for in between meals:**  
 Breakfast, lunch and dinner will be served each day with the exception of dinner only on Sunday (after drop off) and breakfast only on Friday (before pick up). We recommend bringing additional non-perishable snacks to eat between meals. There will be a storage area for your dry food, and we recommend having a container/bag to clearly label your food. There will be a refrigerator to store perishable foods in but we ask that this is reserved only for campers with medical conditions or unique circumstances. ALL FOOD MUST BE STORED IN THE DINING HALL.

#### SUGGESTED PACK LIST

- Hat
- Extra shoes for Lake launch (ones you don’t mind getting wet!)
- Flip flops or water shoes for showering (optional)

- Plenty of socks and underwear
- Pants
- Shorts
- T-shirts
- Jacket/Sweatshirt (it can get chilly at night)
- Swimsuit
- Toiletries (shampoo, conditioner, soap, tooth brush/paste, etc.)
- Flashlight / headlamp
- Sleeping bag
- Pillow
- 2 towels (one for showering, one for water activities)
- Extra masks
- Extra Rapid Tests
- Personal hand sanitizer
- Bug Spray
- Wrist watch - very helpful for time management since phones are off
- Helmet (required) & pads (strongly recommended)
- Skateboard
- Snacks for in between meals (non-perishable, labeled with camper's name)
- Water bottle
- Any medication need (Needs to be in its original pharmaceutical container for nurse to administer)
  
- Any calming things to do before bed (reading, headphones for listening to music, drawing pad, word search, sudoku, etc.)

**Note: we recommend labeling all your personal items!**