



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

## Parent/Family Informational

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:

- [sfbay@skatelikeagirl.com](mailto:sfbay@skatelikeagirl.com) (programming questions and general inquiry)
- [active@skatelikeagirl.com](mailto:active@skatelikeagirl.com) (registration questions)

### WHO'S THIS CAMP FOR?

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

**CAMP DATES:** Sunday, July 30th - Friday, August 4th

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

*\*\*\*After June 19, 2023, 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 19th, 2023. We are not able to refund processing fees. Refunds can only be processed (a) back to the original form of payment or (b) 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.

### ARRIVAL / DEPARTURE

- Arrival will be on Sunday, July 30th between 12-3pm
- Departure will be on Friday, August 4th between 12-3pm

[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 the campsites.

**ARRIVAL:** All campers are to arrive at camp between noon and 3:00 pm on SUNDAY, July 30th. Please arrive no earlier than 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.

**DEPARTURE:** All campers are to depart camp between noon and 3:00 pm on FRIDAY, August 4th. Drop off and pick up require an adult to sign any & all campers in/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-3:00 pm) 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 this with your child prior to their camp's start date.

- Follow all directions given by Skate Like a Girl & YMCA staff
- 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 your local Chapter Director.

### **CONSENT**

Skate Like a Girl values and practices consent at all of our programs. This means counselors will only provide assistance with gear/pads, take photos or videos of campers skating, and provide physical support to spot tricks if both counselor and camper give consent. 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.

## **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 you come down with symptoms and/or test positive for COVID during camp, we will ask you 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 (be prepared to disconnect!) As noted there is no wifi at camp, however some may wish 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:**

- **Mask** – *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 and breakfast only on Friday. 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!)
- Plenty of socks and underwear
- Pants
- Shorts
- T-shirts
- Jacket/Sweatshirt (it can get chilly at night)
- Swimsuit
- 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)
- Water bottle

Note: we recommend labeling all your personal items!