



YMCA Camp Deka

On the edge of wilderness



Leadership Information Guide

Dear Campers and Families,

WELCOME LETTER FROM THE DIRECTOR

Welcome to the Camp Deka Family! We have been gearing up for this summer since last September and are looking forward to providing every Deka camper with memories to last a lifetime. The YMCA of Greater Vancouver and the YMCA-YWCA of Kamloops are proud to be partners in such an important endeavour.

Congratulations to all Leadership Development (LD) campers on joining this exciting program! During your time at camp you will learn what it takes to be a group leader and will have a chance to put those skills to the test. Your time at camp will challenge your patience, demand all your energy and push your boundaries. This summer you will be a role model to the rest of our campers who look up to you and want to be just like you. Have confidence in yourself! You are part of an elite crew dedicated to gaining the experience needed to become a staff member at YMCA Camp Deka.

If you or your camper have any questions please do not hesitate to contact us. Our year round office is located at YMCA Camp Elphinstone until June 15th, 2012. As of June 23rd, 2012, we will be at Camp Deka, “on the edge of the wilderness”!

Yours in camping,

Camp Director

YMCA Camp Deka (Winter Office)

1760 YMCA Rd, Gibsons, BC

Tel: 1-604-886-2025

Fax: 1-604-886-2363

YMCA Camp Deka (Summer Office)

5391 Mahood Lake Rd

Lone Butte, BC V0K 1X3

Registration Office

200 – 1166 Alberni St.

Vancouver BC

Tel: 604-939-9622

Fax: 604-939-9621

camps@vanymca.org

Website: www.vanymca.org/camps

THE LEADERSHIP DEVELOPMENT PROGRAM

Program Components

Leadership Development participants are involved in activities and sessions that develop camp skills, outdoor and environmental training, leadership, character development, communication, problem solving, conflict resolution and camper care.

Participants in the LD 1 program focus on both learning and practicing camp and outdoor skills, developing goals, effective team building and personal growth. LD1s also go on a five-day, four-night canoe trip.

Participants in the LD 2 program learn how to teach the skills learned in LD1 through workshops and practice. LD2s spend time assisting with interest group instruction as well as participating in cabin group placements, during which LD2s spend a few days with one cabin while helping and learning from the group leaders. LD2s also plan and run all-camp activities.

LD campers also participate in all of the regular camp activities.

Clothing and Dress

All LD campers are expected to be positive role models throughout their camp experience. All clothing should be camp appropriate. Clothing bearing slogans or advertising not appropriate for camp (beer logos, strong language, etc.) should be left at home. Bathing suits should provide adequate coverage and be one piece.

As LD campers you will be involved in helping with special event days and evening programs. Dressing up adds to the fun of camp - see what you can find around the house that can be used as a costume. Please do not bring anything valuable.

The LD programs are for older campers who are interested in becoming leaders and role models. LD campers are held to a higher level of behaviour requirements and will need to be positive role models throughout their experience. Failure to do so may result in dismissal from the program.

CAMP ACTIVITIES

Over the course of your camp experience you will have the opportunity to try a wide variety of activities and games. In everything we do at YMCA Camp Deka we emphasize creativity, imagination, and adventure in a safe, fun-filled atmosphere designed to encourage growth and the development of self-confidence.

At YMCA Camp Deka we do our best to foster an atmosphere of cooperation rather than competition. When we run an activity containing elements of competition we focus on challenging you to achieve your own goals rather than measure your accomplishments against the achievements of others.

Activities at YMCA Camp Deka are "Challenge by Choice". You will never be forced to participate in an activity in which you feel uncomfortable but you will be encouraged by their group leaders, who are there to support you through new experiences and challenges.

Role modeling enthusiasm, a concern for safety, cooperation and support for fellow LD participants, campers and staff are some of the most important parts of being in the LD program.

Programs

YMCA Camp Deka has more programs available than time! Our goal is to give campers the chance to try as many activities as possible. Below is a list of some of our most popular activities:

- Archery
- Arts & Crafts
- Campfire
- Canoeing
- Capture the Flag
- Climbing Wall
- Deka Lake Regatta
- Discovery Hikes
- Fire Lighting & Outdoor Cooking
- Fishing
- Initiative Challenges
- Kayaking
- Operation Catfish
- Overnight Out Trip
- Shelters & No Trace Camping
- Skit in a Bag
- Swimming

PREPARING FOR OUT TRIPS

LD campers spend most of their time in camp however are involved in out trips for up to five days. This out trip will help participants learn leadership and out tripping skills. Out tripping gear is important for safety and comfort. Please ensure you pack durable and warm clothing. Please read the following helpful guidelines outlining appropriate out trip personal equipment.

Layered Clothing Systems

Even during the summer in the mountains there are some cold days and nights. Layered clothing is a proven method of insulation. A thin, moisture-moving layer worn next to the skin (the “wicking” layer) followed by a thicker insulating layer traps air for warmth. The outermost layer should protect from wind and rain. Rain gear usually fills this requirement, though a nylon wind shell is more comfortable on a good day because it breathes well.

Because of the unpredictable nature of the weather, it is highly recommended that LD campers bring non-cotton clothing for their out trip. Fleece, wool, polyester, nylon, spandex, and other synthetic materials are all acceptable. Please check the tags on your clothing.

Each LD camper should have at least two base layers, two light pullovers, one heavy pullover, two pairs of pants (quick drying), one pair of long underwear and plenty of socks!

Sun and Rain

Sunscreen, sun glasses, a hat and a water bottle are your best defence against the summer sun. Make sure you bring everything you need to be sun smart!

While hoping for sun, it is best to pack expecting rain so you are prepared. Good rain gear is one of the most important things to bring to camp. Programs continue despite the occasional rainy day; you will be more comfortable if you are well prepared for the weather. A rain suit that provides full coverage is best, along with a pair of rubber boots. Do not forget to label your boots - they all look the same!

Sleeping Bag

A warm sleeping bag ensures a good night's rest and allows you to be ready for the challenges of the coming day. A three-season synthetic or down-filled mummy style bag is essential. If you are purchasing a bag, consider such factors as durability, compressibility and weight. Sleeping bags containing cotton should not be used.

Footwear

Sandals with back straps or other "wet shoes" are highly recommended. Also, a reasonable light hiking boot and/or running shoes are required as many activities require proper footwear.

Backpack

A functional backpack should be comfortable when fully loaded, durable and have adequate capacity for five days of personal items, group equipment and food. Medium volume (about 55L) internal frame packs are popular because they are equally useful as a canoe or travel pack. Simple packs without a lot of extra pockets and frills are often easier to pack and more durable in the long run.

TUCK SHOP

All campers receive a camp t-shirt on the last day of camp. The cost of the t-shirt is included in the camp registration fees. Please do not bring any money to camp.

LAUNDRY

For those participants in the month long LD2 program there will be a laundry trip halfway through session.

TRANSPORTATION

If travelling by bus please ensure that you arrive at least 15 minutes prior to departure time on Monday morning in order to allow enough time to sign in and load the bus.

From the Vancouver Area by Bus

The bus takes seven hours one way with a rest and meal break. Lunch is provided. YMCA Camp Deka staff members will be on the bus to help make the trip enjoyable and well supervised.

- The bus departs from Burnaby Central School (4939 Canada Way at Kensington) at 8:30am on the Monday of your session. It then travels to the Chilliwack Family Y's Hocking Centre (45844 Hocking Ave., Chilliwack) for 9:30am, departing at 9:45am.
- The bus returns to the Chilliwack Family Y's Hocking Centre at 5:30pm and to Burnaby Central School at 6:30pm on the last Friday of each session.

From Kamloops by Bus

The bus takes two hours, non-stop. YMCA Camp Deka staff members will be on the bus to help make the trip enjoyable and well supervised.

- The bus departs from the Downtown YMCA-YWCA (400 Battle Street) at 9:00am and returns at 6:00pm on the last day of the session.

Traveling by Car

If you are driving to/from camp plan to arrive between 3:30 and 4:30 PM on the first day of camp. Pick-ups should be between 9:00 am and 10:00 am on the final day of the session. If there is a reason why these times are not possible please discuss other arrangements with the camp director in advance.

Sign-in and Sign-out

Parents/guardians are required to sign campers in and out either at the bus stop or at camp with identified YMCA staff members. Please advise us if the person picking up your camper differs from the person who dropped them off. For your child's safety that person will be required to show photo identification. Any changes to transportation during the session can be made with the Camp office at 604-939-9622.

CONTACTING YOUR CAMPER AT CAMP

By Mail

Everyone enjoys receiving mail so please write! Send letters prior to or during the first few days of camp to ensure delivery. Letters that do not arrive until after the session has ended will be returned to sender.

If sending a package, please do not send any food due to allergy and animal concerns.

Send mail to:
 Camper's Name
 c/o YMCA Camp Deka
 5391 Mahood Lake Road
 Lone Butte, BC
 V0K 1X3

By Telephone

Camp Deka is just beyond the boundary of telephone lines in the area so communication is provided through a radio telephone. This phone is for emergency use only and we cannot make the phone available to campers for calls home of a non-emergency nature.

If you should have any questions or concerns which require you to talk to the Camp Director while your child is at camp, call the Camp Elphinstone Office at 1-604-886-2025 and the message will be relayed to the Director at Deka. We appreciate your patience with this system and are constantly working to improve our communication links between you and the camp.

In Case of Emergency

Should an emergency arise that requires you to contact your son/daughter please call 1-604-886-2025 and we will be happy to assist you. If you are calling after regular office hours please follow instructions on the after hours automated answering service to activate the emergency pager. Your call will be returned promptly.

NEED MORE INFORMATION?

Check out the *Preparing for Camp* page on our website for more information about what to expect for camp – we have everything from packing lists, to coping with homesickness and what sort of food we serve at camp. There are also hints and tips for ensuring a positive experience. If you still have questions please feel free to give us a call and we'll be happy to answer your questions.

DIRECTIONS TO CAMP DEKA

From the Lower Mainland (approx 7 hour drive from Vancouver)

- Follow Hwy 1 up to Cache Creek then continue on Hwy 97
- Turn Right on Hwy 24
- Turn Right on Horse Lake Rd
- Continue on Mahood Lake Rd
- Continue past Hathaway Lake Resort another few km's
- Entrance to Deka will be on the right.

