



YMCA Camp Elphinstone
Home of a million memories

Leadership Information Guide

WELCOME LETTER FROM THE DIRECTOR

DEAR LD PARTICIPANTS AND PARENTS,

Welcome to YMCA Camp Elphinstone. The following booklet is a leadership-specific version of our regular camp information guide. There have been certain sections added to help campers who are going to be here as leadership participants.

As a leadership camper you will be taking on a new role at camp. You will be expected to be role models and to make the most of the YMCA Summer Camp experience. It is important that a young adult has a commitment to their experience – that they want to come to camp and that they are informed of the nature of the experience. We have found that with Leadership-aged youth, the more that families empower their teen-aged daughter or son to research, plan and prepare for camp, the more successful and positive their youth's time at camp is.

Talking to your campers about their upcoming adventure is an important step in ensuring a good time for everyone involved. **Communication** and **preparation** are key to their experience. If you have any questions or concerns please do not hesitate to contact us; we prefer to answer and ease these concerns well before camp starts. We expect all campers to abide by the YMCA core values of Caring, Honesty, Respect and Responsibility throughout their time at camp.

2012 is our 105th summer in camping and we are excited to continue to offer positive and fun programs for our campers. There will be some new faces on staff this year as well as many returning staff that will help make this an amazing summer. We are all looking forward to a fantastic summer filled with great memories on the shores of the Howe Sound!

Sincerely,



Pam Chater
Camp Director
YMCA Camp Elphinstone

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WHAT IS A LEADER?

A "Leader" is a person who is going somewhere - but not going alone. He takes others with him. His ability in setting up situations in which others are willing to follow him and happy to work with him is a precious skill called leadership. This skill is made up of many qualities - thoughtfulness and consideration for others, enthusiasm, the ability to share responsibility with others, and a multitude of other traits. But fundamentally a leader is one who leads, one who has a plan, one who keeps heading towards a goal and a purpose. He has the enthusiasm to keep moving forward in such a way that others gladly go with him.

- John Nooney

Leadership participants should come ready and excited for the new learning it takes to develop into a staff member. Leadership campers create friendships and strengths that last a lifetime. They do this by contributing to the group's success and by persevering through challenges with the support of their counsellors and cabin mates. Life in Leadership is challenging but it is also fulfilling as participants learn to mentor younger campers.

When Leadership campers make the choice to become a member of their summer camp community they have already begun to realize the benefits and adventure that come with being an excellent leader to children.

THE LEADERSHIP 1 (LD1) PROGRAM

LD1 participants will be involved in activities and sessions that develop the fundamental technical skills at camp. Campers will focus on learning the ins and outs of our program areas such as sailing, canoeing, kayaking, archery, ropes and out tripping. There will also be some sessions around the more interpersonal skills needed from successful leaders such as communication and teamwork. The goal is for participants to realize their abilities and skills and to work in a collaborative environment with other campers.

LD1 campers will also contribute to all-camp theme days and some other camp programs as well as go on a three-day out- trip as a cabin group. LD1 is designed to be a pre-requisite of the LD2 program.

THE LEADERSHIP 2 (LD2) PROGRAM

LD2 participants will be involved in activities and sessions that develop the more interpersonal skills necessary in leadership. Sessions include leadership, character development, communication, outdoor and environmental training, team building and child care.

Campers will also participate in all of the regular camp activities including canoeing, kayaking, archery, low ropes course, art, high ropes course, field and court games and an out trip. Their focus on these activities is around teaching the skills learned in the LD1 program and fine-tuning their abilities.

Cabin Placements

A key component of the LD2 Program is the opportunity for participants to work as a leader with younger campers. This is facilitated during placements with individual cabin groups. Participants should be prepared to take an active role during their placements as this is where they can put the new skills that they have learned into action.

The LD2 program is for campers who are interested in becoming leaders and role models. LD2 campers will be held to a *high level of behaviour* and will need to be positive role models throughout their experience. Failure to do so may result in dismissal from the program.

WHAT TO BRING

All LD participants are expected to be positive role models throughout their camp experience. All clothing should be camp-appropriate and professional. Clothing bearing slogans or advertising are not appropriate for camp and should be left at home (beer logos, strong language, etc.). All bathing suits should provide adequate coverage: make sure you have a one-piece bathing suit.

Costumes

This summer as an LD Camper you will be involved in the running of both 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. Also feel free to bring any other costume ideas that might be useful for some of the evening programs and games.

THE OUT TRIP

LD1 campers take part in a 3-day out trip to Gambier Island (or equivalent). This trip is designed around learning how to lead a typical YMCA Camp Elphinstone out trip with a group of campers. It is also designed to encourage teamwork and communication among the group. LD2 participants will participate in a 4-5 day out trip. This out trip will help participants learn leadership and out tripping skills. This out trip will also help develop a strong LD2 team and will challenge the skills and knowledge of the group.

Leadership participants will spend most of their time in camp, however, when they are camping out their out tripping gear is important for their safety and comfort. The quality of these items can make a big difference to your son or daughter's experience at camp.

Layered Clothing System

Even during the summer in the wilderness, there are some cold days as well as nights. Layered clothing is a proven method of insulation. A thin layer worn next to the skin (the "wicking" layer) should not retain moisture. 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.

Rain Gear

Proper rain gear is essential. Wet, cold campers put themselves and the group at risk. Rain gear needs to be durable and breathable as you could be working hard while wearing it.

Sleeping Bags

A warm sleeping bag ensures a good night's rest and allows your camper 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.

Backpack

A functional backpack should be comfortable (when fully loaded), durable and have adequate capacity for up to 5 days of personal items, group equipment and food. If LD1 campers are considering buying a new pack, take into account the progression and size of trip in LD2. Large volume (about 55 litres) 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. LD participants will use this pack for their out trip as well as placement trips with campers.

CAMP ACTIVITIES

YMCA Camp Elphinstone has many exciting activities to offer:

Waterfront

Sailing, canoeing, kayaking, fishing, swimming, voyageur canoes

Land Sports and Challenges

High ropes course, low ropes course, basketball, soccer, volleyball, archery, tennis, tetherball, Ultimate Frisbee

Creative and Environmental

Art, drama, music, campfires, nature walks, Big Tree, global adventures

Outdoor Living Skills

Canoe trips, hiking trips, outdoor cooking, shelter building, map and compass, low-impact camping

Your camper will have an opportunity to participate in a variety of the above listed activities. All activities will be age-appropriate and participation will be based on the size, skill and safety of the campers.

TUCK SHOP

Our camp tuck shop provides a great opportunity for campers to take home camp gear or souvenirs of their camp experience. All campers will have an opportunity to visit our tuck shop with their cabin group at least once a week. Possible items include: T-shirts, hoodies, hats, water bottles, magnets, beach balls, etc. The prices of these items will range from \$2 to \$45 (prices/items are subject to change). Some healthy food and drink options will be available, possible items could include popcorn, pretzels, juice, and fruit slushies.

In order to help us minimize the amount of money campers need at camp the tuck shop will maintain a computerized account system. A credit can be added to your camper's account through our registration office 604-939-9622.

Remaining credits on campers' accounts of more than \$5.00 will receive a reimbursement at the end of the 2012 summer session. Remaining credits on campers' accounts of \$5.00 or less will be put to YMCA Camps Annual Campaign. Annual Campaign funding is used to provide financial assistance to families and individuals who otherwise can't afford to participate.

CAMP TRANSPORTATION

Camp begins on Sunday and ends on Friday

These scheduled arrival and departure times are very important as they enable our group leaders to structure the important first and last days of the session to be as beneficial as possible for each camper group. If for any reason you will be unable to make either the scheduled bus times please contact the Camp Elphinstone office 1-(604) 886-2025.

Traveling to Camp Elphinstone by Car

If you are dropping your child off directly at Camp please plan your arrival for **1:00 PM on Sunday** and pick-up time for **3:00 PM on Friday**.

Travelling by Ferry – for families picking up and dropping off from Horseshoe Bay

If you are dropping your child off at Horseshoe Bay Ferry Terminal you should be there at **11:15 AM** (12:00pm Ferry) on the first day. On the last day of camp campers will return at **4:15 PM** (3:25pm Ferry).

Travelling by Bus

A camp staff member monitors each bus and orientation for camp begins on the bus. For your child's safety, if you wish to change transportation after the session has started, we will require notification in writing of the change. Changes to transportation during your camp session must be made with the Camp Elphinstone office.

PLEASE NOTE – BUS AND FERRY TIMES ARE SUBJECT TO BC FERRY'S SUMMER SAILING SCHEDULE AND MAY CHANGE, WE WILL PROVIDE YOU WITH NOTIFICATION IF THIS OCCURS

Location:	Departure (Sunday)	Return (Friday)
BUS 1		
Tong Louie Family YMCA 14988 57 th Ave. Surrey	9:30 AM (Bus departs at 9:45AM SHARP!)	5:45PM
Port Moody Rec Centre 300 loco Road, Port Moody	10:05 AM (Bus departs at 10:15AM SHARP!)	5:00PM
BUS 2		
Burnaby Central School 4939 Canada Way, Burnaby	9:30 AM (Bus departs at 10AM SHARP!)	5:45PM
Langara Family YMCA 282 W 49th Ave. Vancouver	10:15 AM (Bus departs at 10:30AM SHARP!)	5:00PM

Please arrive at least 15 minutes before the bus is scheduled to leave to allow for loading.

If you miss your bus, arrange for transportation to the Horseshoe Bay ferry terminal for the next convenient sailing. Please call the camp office (1-604-886-2025) and we will meet the ferry you choose at the Langdale Ferry Terminal side and transport your camper from there.

Travelling by Airplane

\$100 roundtrip

Your Vancouver **arrival must be between 8:00 AM and 11:00 AM**. Your Vancouver **departure must be between 3:00 PM and 6:00 PM**. If this is not possible, please call the Camp Elphinstone office. Please note that additional transportation fees will be incurred for flights arriving/departing outside the time restrictions. Your camper will be met by an identified YMCA staff member at the arrivals gate and transported to camp.

CONTACTING YOUR CAMPER AT CAMP

We have several methods in which to contact campers mail, email, pay phones, and through the Camp Office. Please see details below - if you have any questions or concerns contact us at 1-604-886-2025.

By Mail

Camper's Name and Session
c/o YMCA Camp Elphinstone
1760 YMCA Road
Gibsons BC V0N 1V6

- Everyone enjoys receiving mail, so please write! Mail will be picked up every day and delivered to your camper by cabin group.
- 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.

Pay Phones:

The camp has pay phones for outgoing calls. Each cabin group will be given a time block during the week to use the phones to call home if they choose. Please do not give your child directions to call at a specific time as this is not always possible due to fluctuating schedules. Instead, please give several numbers (work, home, and cell) your child can reach you at.

If your camper would like to use the pay phones please send a calling card with them (along with instructions on how to use it) or agree to accept collect calls (Camp is long-distance from Vancouver).

Please do not send a cell phone with your camper as they frequently have a negative impact on the camp experience.

By Email

We use Bunk1.com to help you communicate with your camper. Bunk1's secure, easy-to-use website services let you stay in touch with your camper all session! To use the one-way email system, go to: <http://www.ymcacampelphinstone.ca> and click on the Camper Email button. If you do not already have an account you will need to register first. When registering you will be asked for a preapproval code (the code for Elphinstone is: 9EP9802), complete your information and purchase credits.

We have partnered with Bunk1 in order to help us manage the volume of emails we receive. Each morning the Bunk Notes system bundles and sorts the messages for us to print out and distribute to campers. It also protects us from computer viruses and ensures we receive all emails and none are lost in filters. Bunk Note credits cost \$1 each and are purchased in packs of various sizes, **with your first one free.**

Emergency

Should a family emergency arise that requires you to contact your child, please call 1-604-886-2025 and we will be happy to assist you.

LAUNDRY-LD2 Campers Only

Since LD2 campers will be at camp for 4 weeks, camp will do at least one laundry service for each individual in the program, however parents are more than welcome to come and get their campers laundry or bring fresh clothes to their campers if they wish.

HEAT ROOM

Please read the following information carefully, as it contains some important information.

YMCA Camp Elphinstone has implemented a new procedure for campers and staff luggage. With the widespread issue of bed bugs in the lower mainland, we have built a new heat treatment room to ensure prevention of bed bugs. All bags will pass through this space before campers move into their cabins. This heat treatment will heat bags to 125 degrees, which will ensure that any bags or luggage that possibly contain bedbugs and eggs will be killed prior to moving into cabins, eliminating any concerns of bed bugs spreading to our cabins, or your home. To allow for bags to be heated, we will need you to ensure that all items that should not be heated are packed in a zip lock bag and are placed on top of your camper's luggage. The following items should **not** be heated, as it could cause damage: plastic (toiletries), electronics (which should be left at home), candles, wax, medicines, photographs or pictures, cameras, food, cosmetics, pop cans, aerosols. Please make sure zip lock bags are well labelled with your camper's names. We appreciate your support in this matter.

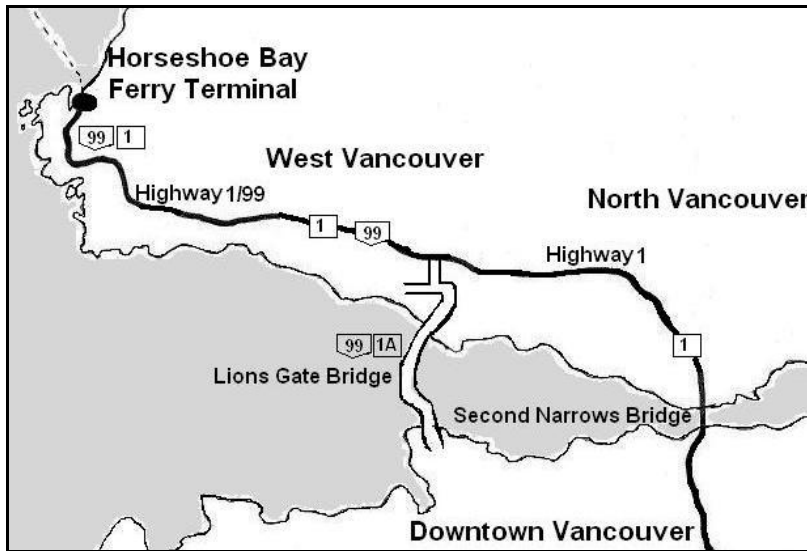
NEED MORE INFORMATION?

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 ELPHINSTONE

To Horseshoe Bay Ferry Terminal:

Take Highway 1 West, from Vancouver and follow signs for Horseshoe Bay in West Vancouver. If your child is taking the ferry with camp staff, they will be signed in and out across the street from the terminal down by the water. There will be staff and signs to help direct you to the right location.



To Camp from Langdale Ferry Terminal:

Camp Elphinstone is 1.5 km (25 minute walk, 5 minute drive) from the Langdale Ferry terminal. After departing the terminal, turn right on the first street and follow Port Mellon Hwy to YMCA Road (first street on the right). Follow YMCA Road through the subdivision down to the camp gates. Check in at the upper parking Lot/McKenzie Hall.

