

# YMCA CAMP TOCKWOGH LIT PROGRAM 2021



## PROGRAM INFORMATION

### REQUIRED PAPERWORK

- Online registration & Deposit
- Behavior Contract (electronic signature in registration!)
- LIT Cell Phone Contract
- Medication Administration Authorization (if taking any medication while at camp)

### CHECK IN

**Long Session 1:** Sunday, June 27th 12PM-4PM at the Conference Center

**Long Session 2:** Sunday, July 25th 12PM-4PM at the Conference Center

\*For 2021, LITs will receive a one-hour time slot in which they are to arrive at camp. You will be emailed this in the weeks prior to camp. Parents are required to remain in the car during the entirety of the check-in process.

### CHANGEOVER

LITs stay straight through their entire 4-week session, including the "changeover" between camper sessions. This year, parents are not allowed to visit or take the child off camp (for dinner, lunch, etc.) during changeovers, unless in extenuating circumstances permit. Camp will arrange video calls home during changeover weekends if requested.

### CHECK OUT

All LITs must check-out with their guardian or other authorized adult at the Conference Center before leaving camp at the end of the session. Parents may be asked to provide photo ID at pick up.

**Long Session 1:** Friday, July 23<sup>rd</sup> at 1pm-4pm

**Long Session 2:** Friday, August 20th at 1pm-4pm

\*If parents are unable to pick their LIT up at this time due to work, arrangements can be made for 6pm pick up.

### CARS

LITs are permitted to drive themselves to and from camp. If doing so, they must leave their cars in the staff parking lot for the duration of their sessions and turn in all keys to the Administration Building. They are not permitted to drive at any point during their sessions. YMCA Camp Tockwogh is not responsible for any damages that may occur when vehicles are parked on camp property.

### CELL PHONES/ELECTRONICS

LIT participants may bring cell phones to camp but may only use them during specific allotted free time and may not leave the Conference Center with them. Secure storage will be provided. If used at inappropriate times the phone will be confiscated. If you are not comfortable with this policy, please leave your cell phone at home. We recommend leaving any other valuable electronics at home as well (laptops, tablets, etc.).

### VISITORS

LITs are not permitted to have visitors during participation in the 2021 program.

### LUGGAGE CHECK

All bags will be searched upon arrival to camp. When packing, please leave out any contraband (e-cigs, vapes, drugs, alcohol, fireworks, weapons, medication, etc.). If you are not sure if you can have it at camp, please ask.

## **CAMP STORE/PURCHASES**

LITs will be able to order from the camp store. Money may be added to their camp store account prior to arrival or at check-in. LITs will also design and order their own group t-shirts. The cost for this typically ranges from \$25-\$30. Payment can be taken from the camp store account, paid in cash, or charged to the credit card on file.

## **SOCIAL NETWORKING POLICY**

If a LIT is on social media (Facebook, Snapchat, Instagram, Twitter, etc.), it is our hope that they will represent themselves in a positive light, and that they will represent the YMCA and Camp Tockwogh positively if they choose to mention their experiences here online. No camper should use the internet to defame, bully or otherwise harass another camper or staff member. LITs should not "friend" campers and staff or communicate online. Posting and/or tagging pictures of other campers/staff without their permission is also not permitted. If it is brought to our attention that your camper is doing these things, we will contact you and expect the inappropriate material be removed. We may deny entry into our programs due to inappropriate social media prior, during, or following camp programming. We highly recommend parents speak with their child about these expectations and help them set the security preferences on their profiles to ensure their online presence is only accessible to their friends and family.

## **LAUNDRY**

LITs do not have access to any laundry facilities during their time at camp. They will receive a laundry service half way through the program, and it will take 1-2 days to receive their laundry back. This service is included in the program cost. Please make sure you bring enough clothes to last you the two weeks until laundry day. We recommend they bring a laundry bag to transport laundry easily. They may have their purple LIT shirts washed by their directors if needed.

## **PERSONAL PROPERTY**

The camp is not responsible for any personal property brought to camp by LITs. It is suggested that you label all personal items.

## **DRINKING AND DRUGS**

LITs are not permitted to possess or use any illegal or illicit drugs including but not limited to tobacco products, drugs and alcohol. See LIT/CIT Policy. LITs who violate these rules will be dismissed immediately. The local authorities may be notified of any LITs under the legal age involved in any of these situations.

## **RELATIONSHIPS**

Romantic relationships should NOT be the focal point of your LIT/CIT experience. Sexual activity while a participant in this program is prohibited. Public displays of affection in front of staff, campers, or one another are not acceptable (see Code of Conduct). You may not engage in any type of romantic or physical relationship with any campers or staff members. This includes any type of romantic contact – holding hands, kissing, snuggling or sexual activity. Violation of this rule will result in dismissal from the program.

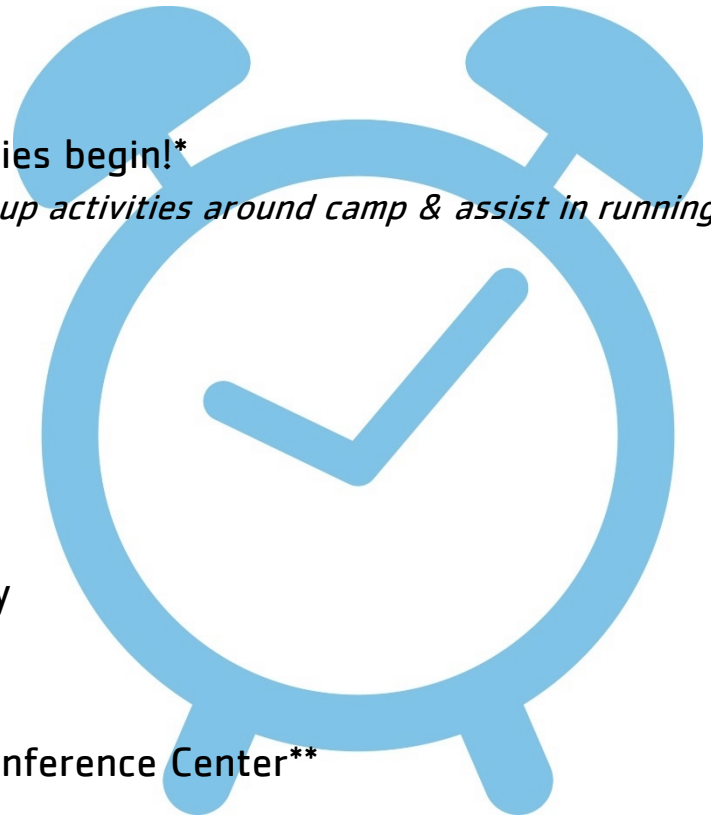
## **MAIL**

LITs can receive mail at camp and will also help sort the mail during the session. Parent/friends can also register for the Bunk1 system to send emails. Any packages/letters can be sent to:

FULL NAME- LIT  
YMCA Camp Tockwogh  
24370 Still Pond Neck Rd  
Worton, MD 21678

# LIT DAILY SCHEDULE

|                 |   |
|-----------------|---|
| <b>7:30 AM</b>  | Wake Up   |
| <b>7:55 AM</b>  | Flag  |
| <b>8:00 AM</b>  | Breakfast   |
| <b>9:30AM</b>   | Morning Activities begin!*  |
|                 | <i>LITs will help set up activities around camp &amp; assist in running activities!</i> |
| <b>12:30 PM</b> | Lunch   |
| <b>1:00 PM</b>  | Rest Hour   |
| <b>2:30 PM</b>  | LEADERSHOP  |
| <b>5:00PM</b>   | Flag  |
| <b>5:15 PM</b>  | Dinner  |
| <b>7:15 PM</b>  | Evening Activity  |
| <b>8:30 PM</b>  | Shower Hour   |
| <b>9:30PM</b>   | Devotions   |
| <b>10:00PM</b>  | Free Time in Conference Center**  |
| <b>12:00AM</b>  | Lights Out  |



\*LITs will not help with camp activities every day, some days they may participate in service projects, special projects around camp, or have LIT activities (i.e. Sailing for just LITs)

\*\*10-12 free time is not every night, your director will let you know if it is a sleep-in.

## What is “Leadershop”?

Each day, LITs will participate in Leadership Workshops- aka Leadershops! These will be led by the LIT directors and cover topics including leadership, personal growth, communication, teamwork, goal setting, and more. We don’t want these to feel like school – but they will be fun & educational!

Leadershop will have an engaging format with small group activities, energizers, discussions, and reflections. Some will be designed to challenge you and get you outside your comfort zone and into the learning zone! It is important to come into these workshops with an open mind and ready to share and participate. LITs from past years say that these were the favorite part of their program!

# LIT PACKING LIST

## Clothing:

- 8-10 Pairs of Shorts
- 12-14 T-Shirts/Tank Tops
- 2 Pairs of Long Pants
- 12-14 Pairs of Undergarments
- 8-10 Pairs of Socks
- 3-4 Pairs of Pajamas
- 2 Sweaters/Sweatshirts
- 1 WATERPROOF Jacket
- 2-5 Swimsuits
- 1-2 Hats
- 1-2 Nice Outfits (for closing dinner)
- 12-14 reusable/washable FACEMASKS!

## Footwear:

- 2 Pairs of Sneakers/Tennis Shoes
- 2 Pairs of Flip-Flops/Sandals
- 1 Pair hiking boots or sturdy sneakers

## Toiletries:

- Soap/Body Wash
- Shampoo/Conditioner
- Toothbrush and Toothpaste
- Deodorant
- 1 Hairbrush/Comb
- Bottle of Sunscreen
- Bottle of Insect Repellent

## Linens:

- 1-2 Pillows
- 2 Sets of Sheets and Pillowcases
- 1-2 Blankets
- 1 Sleeping Bag\*
- 2-3 Bath Towels
- 2-3 Beach Towels

## Miscellaneous:

- Flashlight/Headlamp
- Batteries
- Water Bottle
- Day Pack
- Small Fan
- Pens/Pencils
- Sunglasses
- Laundry Bag

## Optional:

- PFD (lifejacket!)
- Music/Musical Instrument
- Sporting Equipment/Shoes
- Costumes
- Games & Books
- Paper/Envelopes
- Stamps
- Camera
- Snacks (peanut free)

\*Will need for LIT trip

## THING TO LEAVE AT HOME

- Camp Tockwogh is a drug and alcohol-free site. No drugs, including tobacco and e-cigs/vapes, will be allowed on camp property (See Behavior Contract)
- We are also nut-free! Please do not bring any snacks, or have any snacks mailed to you that contain nuts.
- Do not bring any fireworks.
- As it is a child-friendly environment, we ask that you do not bring any weapons or anything that could be considered a weapon.
- Please leave any over-the-counter medications at home unless they are being checked into the Wellness Center. You will not be allowed to have them in your cabins, as this is a safety precaution required by the state.
- We strive to be unplugged at camp, so bring valuable personal electronics at your own discretion!

# 3-DAY HIKING TRIP!

A major highlight to the Camp Tockwogh LIT experience comes in the form of a 3-day, 2-night camping and hiking trip to Tuckahoe State Park. The hiking on the trip may seem easy or strenuous depending on your experience! Here's a list of some of the things you'll need in order to have a successful hike:



## DATES

Long Session 1: July 19-21

Long Session 2: July 28-30

## TRIP PACKING LIST

### Sleeping Bag

During the trip, you'll be sleeping outside in a tent, so it is important to bring a sleeping bag with you to camp!

### Footwear

On this hiking trip, you'll be doing just that... hiking! And because the terrain can be difficult at times, you'll need to have the proper footwear to keep you safe and comfortable. A very basic hiking boot with ankle support will do as will supportive sneakers. Your boots don't need to look shiny and new when you get to camp... however, they do need to be comfortable. Break them in so they conform to your feet!

### Clothing

Clothing that is made with wicking material is best (Polypro, Under Armor, nylon, polyester, etc.) These materials will keep you dry when you sweat!

### Water Bottle

You will need to stay hydrated while out on the trail. Please bring as least one reusable 1-litre bottle with you.

### Day Pack

A small day pack/backpack is useful to carry anything you may need with you for the day (water, camera, snacks, etc.)

### Spending Money

Tuckahoe State Park has a small camp store. Additionally, on the way to the trip, the bus may stop at Wawa (or a similar store) to pick up some snacks. If you would like to buy anything, you may bring a bit of spending money!

# COVID-19 INFO

*For Summer 2021, Camp Tockwogh will have new COVID-19 policies and procedures in order to keep our program participants safe! The following policies are based off recommendations from the CDC, American Camping Association, and the State of Maryland.*

## **Vaccinations**

With COVID vaccines becoming available to those 16+, we encourage all eligible program participants to be vaccinated. While it is not required for participation, this will ensure another layer of safety in our program. Vaccinated LITs will be exempt from COVID tests and pre-camp procedures.

## **Pre-camp Screening & Testing**

In the 14 days prior to arriving at camp, any unvaccinated LIT will be required to do a daily temperature check and self-screening for symptoms. LITs will also be requested to modify behaviors during this time including physical distancing, mask-wearing when not at home, avoiding unnecessary travel, and refraining from indoor social gatherings with people outside of their households.

In the 72 hours prior to arriving at camp, unvaccinated LITs must take a RT-PCR COVID test and provide proof of negative results upon arrival. Vaccinated LITs will need to provide proof of vaccination.

## **Using “Cohorts”**

During their time at camp, all LITs will be considered one “cohort” or “household.” This means that they will be able to interact freely without masks and social distancing while outside or in their living space (the Conference Center). When around any other campers/staff or when entering any camp buildings, LITs will be required to wear masks.

## **Handwashing, Masks, & Social Distancing**

LITs will be encouraged to wash and sanitize hands regularly and prior to/after eating, participating in camp activities, or using camp equipment. This has been found to be more effective in preventing spread within camps that constant surface sanitation. Touch points in living spaces will still be sanitized daily. Masks and social distancing will be required when interacting outside of the LIT cohort and when entering indoor spaces.

**More information on our COVID procedures will be released closer to the start of camp.**

CDC guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/summer-camps.html>

ACA Field Guide: <https://www.acacamps.org/resource-library/coronavirus/camp-business/field-guide-camps>

# PROGRAM PARTICIPANT BEHAVIOR CONTRACT



Dear LIT/CIT Participant and Parent,

**Possession or use of alcohol, tobacco, drugs, and/or weapons is strictly prohibited at YMCA Camp Tockwogh.**

Participating in the Leadership program at Camp Tockwogh is an honor. It is a program that provides many privileges otherwise not given to camp participants. Additionally, it is a program that comes with increased responsibility. Serving as role-models for the rest of the camp population is a tall order to fill and should be taken very seriously. Nothing can be more detrimental to the camp community than having to ask a participant to leave due to use/possession of alcohol, tobacco, drugs and/or weapons during camp programming. Additionally, it is a terrible way to end your camp legacy.

By signing below, I agree to not participate in the use of any drugs, alcohol, tobacco and/or weapons during YMCA Camp Tockwogh programming. I agree to not bring any of these things to camp with me. I also agree to the LIT/CIT participant luggage search policy:

Upon their arrival at camp, we will inspect the contents of the luggage of our LIT and CIT program participants. Any illegal or inappropriate items (cigarettes, alcohol, drugs, etc.) will be taken by our staff. Beyond that, each camper's situation will be considered and evaluated on a case by case basis and may result in a variety of consequences ranging from a discussion with the Program and/or Executive Director(s) to dismissal from the program. This process will be repeated after changeover between your child's 2 sessions. If, after these searches are conducted, your child is found with any illegal or inappropriate items, they will be immediately dismissed from the program.

Participant Name: \_\_\_\_\_

Participant Signature: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

**Thank you for your  
electronic signature!**

# LIT Cell Phone Contract

Camp Tockwogh strives to be an “unplugged” camp for all our campers. As LITs, you are given the privilege (and responsibility!) of being able to bring your phones to camp. We believe in the importance of building relationships, experiencing the outdoors, and disconnecting from technology while at camp.

By signing below, I agree to YMCA Camp Tockwogh’s cell phone policy:

- Phones will be kept in the Kitchen of the Conference Center and locked when LIT directors are not present
- LITs will have access to their phones during their time off from 1pm to 2pm every day and from 10pm to 12am on most nights
- During the hiking trip, phones will be locked in a box in the vans during program time. LITs will have access to them during free time.
- Additional access for certain events (such as last night dinner, photos before camp dance, changeover, etc.) will be on a case-by-case basis

We have the right to adjust these rules for any reason see fit. Failure to comply with the rules may result in a loss of free time or phones being taken away.

In case of any emergency or needed communication, LITs will have access to our office phones to be able to call home. If a parent/guardian needs to speak with an LIT, please call our office and we can arrange for them to call.

While we do our best to ensure the safety of the LIT’s belongings, camp policy states that Camp Tockwogh is not responsible to any lost or missing items. **If you are uncomfortable with leaving your phone in the Conference Center while you are not there, please leave you phone at home.**

LIT Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_

LIT Signature: \_\_\_\_\_

Parent/Guardian Printed Name: \_\_\_\_\_

Parent Guardian Signature: \_\_\_\_\_





**2021 MEDICATION ADMINISTRATION AUTHORIZATION- CAMP TOCKWOGH**  
 24370 Still Pond Neck Road, Worton MD 21678; 410-348-6000; fax 410-348-6023

- **THIS FORM - complete** and legible using the same form for additional pages, one med per line
- Signed by physician and guardian for any and all meds listed
- Original container with complete pharmacy/package label which matches this order exactly.
- Unexpired meds- Checked into wellness by the responsible adult.
- Physician authorized "self-carry" or self-administer must be checked in by the parent AND the camper.
- Camper has taken the medication at this dosage prior to attending camp

CAMPER NAME \_\_\_\_\_ DOB \_\_\_\_\_ WT(#)\_ \_\_\_\_\_

ALLERGIES \_\_\_\_\_

DIAGNOSES \_\_\_\_\_

**TO BE GIVEN ROUTINELY- PRESCRIPTIONS/ OVER THE COUNTER:**

Medication      dose    route    frequency/time      indication      special instructions/known camper- specific side effects

- 1- \_\_\_\_\_
- 2- \_\_\_\_\_
- 3- \_\_\_\_\_

**TO BE GIVEN AS NEEDED (PRN)- PRESCRIPTIONS/OVER THE COUNTER-** camp provides routine over the counters for pain, rash, GI, allergy- see parent health form for description

Medication      dose    route    frequency/time      indication      special instructions/known camper- specific side effects

- 1- \_\_\_\_\_
- 2- \_\_\_\_\_
- 3- \_\_\_\_\_

**SELF-CARRY (SC) EMERGENCY MEDS- ONLY EPINEPHRINE OR INHALER OR INSULIN**

Parent and physician signature on this document attests that it is prescribed that this camper self-carries this Emergency Rescue Medication and that they routinely carry it and are thoroughly trained regarding storage, symptoms, and technique of use and administration; That the camper understands that the medication must be on their person at all times (NO MEDS MAY BE LEFT IN THE CABIN) and agrees to notify wellness staff of any use. **SELF-ADMINISTER (SA)-** In rare specific cases, campers may self-administer other medications. Parent and physician signature certify that the camper routinely self-administers and is trained as above. Unless also an emergency rescue self- carry med, all self-administer meds will be kept in wellness and given under the supervision of a designated staff member.

**Self-carry is only for Epi-Pen, Inhaler, insulin**

Medication Name    dose    route    frequency    indication    special instructions/known camper-specific side effects

- 1- \_\_\_\_\_ ( )SC; ( )SA
- 2- \_\_\_\_\_ ( )SC; ( )SA
- 3- \_\_\_\_\_ ( )SC; ( )SA

**\*\*\*PHYSICIAN AUTHORIZATION for the above medications for the duration of Camp Tockwogh 2020 season.**

|                     |        |     |      |
|---------------------|--------|-----|------|
| Signature,          | title, | and | date |
| _____               |        |     |      |
| Phone and fax _____ |        |     |      |

**PARENTAL CONSENT:** I request certified youth camp staff to administer the medication as prescribed. I confirm that I have legal authority to consent to medical treatment for the child named above, including the administration of medication at the facility. I authorize camp personnel to communicate with the prescriber as allowed by HIPAA. I understand that an adult must pick up the medication or it will be discarded. I verify that the child has at some point taken the medication at this dosage prior to attending camp. And that I have read, verify, and consent to all of the above.

|   |            |
|---|------------|
| Parent Email (please print clearly) _____ |            |
| Parent/Guardian SIGNATURE _____           | Date _____ |