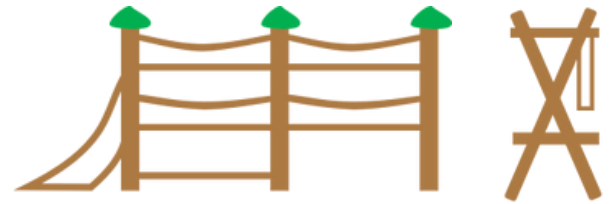




# YMCA CAMP ERDMAN

69-385 Farrington Hwy Waiialua HI 96791  
T: 808.637.4615 | E: camperdman@ymcahonolulu.org  
[www.ymcahonolulu.org/camp-erdman](http://www.ymcahonolulu.org/camp-erdman)



# WELCOME TO THE OVERNIGHT CAMP PARENT HANDBOOK



YOUR HAPPY  
PLACE AWAITS



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## WHO WE ARE

The professional staff of YMCA Camp Erdman are here to guide our campers through a safe and successful camp experience that builds lifelong friendships and affords the opportunity for personal growth and development. We welcome your questions, concerns, and feedback.

Office Hours Daily from 8:30 AM to 4:30 PM

Y Service Center: 808.637.4615

Erdman Office: 808.687.6230

[CampErdman@ymcahonolulu.org](mailto:CampErdman@ymcahonolulu.org)



**Andrew "Mish" Hood**

**Executive Director**

[Mhood@ymcahonolulu.org](mailto:Mhood@ymcahonolulu.org)



**Isabel Regalado**

**Office Manager**

[lregalado@ymcahonolulu.org](mailto:lregalado@ymcahonolulu.org)

## FROM THE CAMP DIRECTOR...

Aloha and mahalo for choosing YMCA Camp Erdman. I'm blessed to call Camp Erdman my home, and it is my pleasure to welcome you as part of our Camp Erdman 'ohana.

In a world that's more "connected" than ever through continually advancing technology, it can be difficult to get your camper active and in the outdoors. That's why here at camp, we're focused on developing your child in a way that no other place can. Camp helps kids unplug and experience the outdoors with one another, free from the distraction of technology. We pride ourselves on creating lifelong friendships, enriching campers with Hawaiian knowledge/lessons, and fostering character growth and development. Camp is where today's youth can learn the 21st-century skills they need to succeed. We teach independence, collaboration, and teamwork while instilling confidence and creating a sense of belonging in your children.

Thank you for allowing us the opportunity to create a life-changing experience for your child here at Camp Erdman. I'm confident that your child will be in a safe environment, grow mentally and physically, be nourished, make friends and grow a little more independent. There's one thing I definitely know for sure, and that is that all of our campers will have **FUN**.

Working summer Camp at multiple YMCA's through my adult life has given me so much, and I couldn't be more excited to use my past experience to create the best possible experience for you and your camper. I've been many places in life, but there is truly nowhere else in the world like Camp Erdman. It gives me great joy to continually work on improving Camp so that others can learn, grow and play here. If you have any questions at all, please don't hesitate to reach out to me via email or phone. Mahalo again for choosing Camp Erdman!

### **Eric Tutje**

**Senior Program Director**

[Etutje@ymcahonolulu.org](mailto:Etutje@ymcahonolulu.org)



# Health & Safety

Here at YMCA Camp Erdman, we value the health and safety of your camper. Our summer health center team consists of two people who are on site 24/7. The health center team are trained professionals who will evaluate, assess, care for, and follow - up with campers who are experiencing sickness, injury, or discomfort. Bumps and scrapes happen at camp regularly and may not warrant a call home everytime, but you will be notified of any major concerns, which include, but are not limited to, fevers, suspected breaks or sprains and major discomfort. Our health center team will be available at check - in and check - out to address any minor concerns as well. You may always contact Drew, the Director, via email or phone listed above.

## Before You Get to Camp

Check out these tips for encouraging good health before your camper even gets to camp. (This list was originally published by the American Camp Association in 2010.)

- When children show signs of illness, keep them home. This greatly reduces the spread of illness at camp. Be aware of your camp's criteria for inclusion in camp.
- Teach your child to sneeze in his/her sleeve and to wash his/her hands often at camp.
- Closed-toed shoes are a requirement for activities such as sports and hiking. This will help avoid slips, trips, and falls, which could cause injuries. Stress to your child the importance of wearing closed-toed shoes to prevent a toe, foot, and/or ankle injury.
- Fatigue plays a part in injuries. If children are going to day camp, ensure they get enough rest at night. If children are going to resident camp, explain that camp is not like a sleepover. Explain to your child that he/she should not try to stay up all night!
- Don't forget to send sunscreen and instruct your child on how to use it.
- Please send a reusable water bottle. Your child can refill it frequently during their camp stay. Staying hydrated is very important in the summer.

The American Camp Association's parent-dedicated website, [www.CampParents.org](http://www.CampParents.org), provides a wide range of educational resources to help parents make good health-related decisions for their children.

## Health Procedures at Camp

- Medication must be in its original container and will be dispensed as instructed on the original container.
- Be sure to include enough medication for your child's entire stay.
- All medications must be deposited with the Health Center on check-in day.
- Parent/Guardian signature is required to allow our Health Care Manager to administer medication.
- If bed-wetting is a condition, please note it on your camper's health form and let your camper's cabin staff know upon arrival.

We encourage parents to conduct a routine health screen on their child one week before and the day before arrival at camp. We are especially concerned about contagious conditions, including flu, fever, conjunctivitis (pink eye), chicken pox, and head lice. If any camper exhibits symptoms of any contagious illness, parents will be responsible for taking the child to the doctor.

Parents are responsible for all fees charged by attending physicians, ER, EMS, and/or pharmacy for any medications or services prescribed that are not immediately covered by your existing insurance.

## Camp Food

Our Food Service Director and kitchen staff prepare three well-balanced meals daily, including various dietary restricted options for those who indicate this choice in advance. Please note on your Health History Form if your child has any specific dietary needs. We will do our best to make accommodations for specific diets.

# PARENT EXPERIENCE

## SUNDAY ARRIVAL

Please arrive on opening Sunday between 2:30pm and 4:00pm. Campers will not be accepted earlier than this time.

Signs will direct you where to park and go when you arrive!

## FRIDAY DEPARTURE

We invite parents and families to join us for our Closing Ceremony at Rotary Hall on the final Friday afternoon. This is the perfect opportunity to take photos and share camp with your child(ren).

Pets are welcome!

**4:30–6:00pm Check Out**  
**4:30pm Closing Ceremony**

### Mail to Campers

To send letters to your camper, email [cmail@ymcahonolulu.org](mailto:cmail@ymcahonolulu.org) with camper's name and cabin number in the subject line. Emails are printed and given to campers Mon–Thu after lunch. For specific messages on a certain day, send email by 11am that day. We encourage parents to support your camper's decision to go to camp and achieve their goals rather than letting their child come home.

### Staff are Carefully Screened

Counselors are vetted and must pass a federal criminal background check. Staff are typically college-age and are selected for their maturity, responsibility, and dedication to youth development. All staff participate in an intensive orientation that addresses age-appropriate programming, risk management, homesickness, behavior management, and emergency procedures. We maintain a 1 to 7 counselor-to-camper ratio.

### Lost & Found

We manage lost and found items throughout the camp session. At checkout on Friday, be sure to check our display of any unclaimed items in TIR. If you discover something is missing upon your return home, call the camp office as soon as possible. After 2 weeks, we will donate any unclaimed items to a local charity.

### Online Photo Gallery

Throughout the week, our hard-working media team adds new pictures to the online album for you to view, share, and stay updated on the happenings at camp.

Instagram: [@ymcacamperdman](https://www.instagram.com/ymcacamperdman)

Flickr: [YMCA Camp Erdman](https://www.flickr.com/photos/ymca-camp-erdman/)

### Emergency Procedures

#### Evacuation

In the event of an unforeseen circumstance, parents will be notified to pick their campers up. If sufficient advance notice is received, all campers will be evacuated to a different YMCA branch or designated shelter. If there is short notice, campers and staff will evacuate to a safe zone at Camp Erdman. Camp is equipped with a safe evacuation trail that is maintained throughout the year. Updates will be posted on [camperdman.org](http://camperdman.org). \*No refunds will be issued in the event of an evacuation.

#### Excessive Hot Weather

Activities will be provided indoors or in shaded areas outdoors as appropriate. Water is accessible to campers at all times, and they are encouraged to drink water throughout the day.

#### Medical Emergency

In the event of an emergency, we will administer first aid and contact the parent/guardian or the camper's designated emergency contact. If emergency medical treatment is required, we may contact a doctor, hospital, or EMS depending on the severity of the injury or illness.

#### Communication in the event of an Emergency

Parents will be contacted by phone or email in the event of an emergency. Updates will also be posted when appropriate at [www.camperdman.org](http://www.camperdman.org).

# CAMPER EXPERIENCE

## Electronic Free Week

Why No Cell Phones or Electronics? Camp is a unique opportunity to disconnect and build relationships. Cell phones and electronics are not allowed for campers and will be returned at the end of the week if found.

Counselors will have their phone on them for emergencies, but are not permitted for personal use throughout the day. Help us stay unplugged and focused on new friendships by leaving electronics at home!

## Mail Home

If your child wants to write back home, they can give the letter to their counselor. We'll do our best to scan and email it to you, but please keep in mind that we have a large number of campers, and all letters need to be reviewed by our staff. If there's anything concerning, we'll let you know.

## Camp Store

Our camp store has t-shirts, water bottles, stickers, hats, sweatshirts, and more for \$25 or less.

To add a Camp Store Deposit for your Camper, log into you Camp Erdman Parent Portal, scroll down to "Camp Store" and click "Add Deposit"

We don't except Cash! We don't sell food!

The camp store will also be open at check-out from 4:00-5:30 pm on the final day of camp. Camper pick-up begins at 5 pm.

Any money left on your account at the end of the season can be refunded, transferred to another season, or donated!

## Other Activities

Due to the unique opportunities that come up during the summer, other activities may occur, including but not limited to swimming at guarded beaches, hiking off-site, or field trips to local attractions. These off-site activities are typically reserved for our teen campers.

## Sample Schedule

7am	Rise & Shine!		Wake up, brush teeth, & get ready for the day!
7:30	Morning Oli		We gather at the start of each day to perform a traditional Hawaiian Oli, sing a camp song, talk about one of our six Hawaiian values, and get everyone excited for the day ahead.
8:00	Breakfast		
9:05	Camper Weekly or Daily Choice Activity #1	Specialty Camps	Choice Activity - includes a variety of activities that campers can progress in throughout the week or choose on a daily basis. Campers who registered for our various specialty camps will not sign up for morning programs.  Cabin Cup - This block typically includes group games, scavenger hunts and friendly competition  Warrior in a Garden- Structured mindfulness and mental health activities that give campers confidence and a sense of peace
10:10	Camper Weekly or Daily Choice Activity #2		
11:15	Cabin Cup Warrior in a Garden		
12pm	Lunch		
12:45	Rest Hour		Campers rest and hangout in their respective cabins during this time.
1:50	'Ohana Time Rotation #1		Campers rotate through a variety of activities, including our Ropes Course, Archery Range, Swimming Pool, Arts & Crafts, Nature, Sports, our Camp Store, and more.
2:45	'Ohana Time Rotation #2		
3:40	'Ohana Time Rotation #3		
4:35	Battle Challenge		This classic Camp Erdman competition encourages all campers on four different teams to learn teamwork, show sportsmanship, and participate through a series of head-to-head competition against the other three teams.
5:30	Dinner		
6:00	Cabin Time		Campers unwind and get ready for Evening Activity.
6:30	Evening Le'ale'a		All camp games, campfire, campout nights, camp dance, and a talent show are just a few of the evening programs throughout the week!
8:15	Reflection & Showers		Campers wind down by cleaning up and tuning in to a counselor-led, focused discussion, based on one of our six Hawaiian Values here at camp.

## Morning Choice Activities or Specialty Camp?

It really depends on the experience you and your camper are looking for. Specialized activities such as Surf Camp, Horse Camp, Ropes Camp, Resilience Camp, and Adventure Camp require additional materials and expertise, so they cost more. Weekly and Daily Activity Blocks are held here on site, and what's offered usually includes archery, arts and crafts, sports, survival skills, yoga, journalism, and many others. We do not guarantee that a specific Activity Block will be offered each session.

# PACKING LIST

Please mark your camper's name on each item. The YMCA is not responsible for lost or damaged personal articles.  
Please leave valuables at home. **Pack old stuff!** There's lots of dust and red clay soil at camp.  
New clothes/ shoes will need a good wash when camp ends.

## REQUIRED ITEMS

- Water Bottle or Canteen
- 2 Closed-toed Shoes
- 6 pairs of socks
- Slipper / Flip Flops (+ Shower Shoes)
- 1-2 Swimsuits
- 6 T-shirts
- 6 Pairs of underwear
- 6 shorts
- Pajamas
- Light Jacket
- Laundry Bag
- 2 Towels (1 pool, 1 bath)
- Sunglasses
- Sunscreen SPF 30+
- Lip Sunscreen Chapstick SPF 30+
- Hat
- Insect Repellent
- Flashlight
- Backpack or Day Pack
- Sleeping bag (all campers will do a sleepout)
- Set of sheets (Twin or Twin XL)
- Pillow
- Toiletries (shampoo, soap, toothpaste, etc.)

## WEEKLY THEMES

- Session 1: Disco
- Session 2: Monster World
- Session 3: Superhero
- Session 4: Cartoon
- Session 5: Witches & Wizards
- Session 6: Under the Sea
- Session 7: Light Saber Week
- Session 8: Disney
- Session 9: Wild West
- Session 10: Outer Space

## OPTIONAL

- o Themed Costume
- o Book, Reading Materials
- o Camera (inexpensive)
- o Stationary, Postcards, Envelopes, Stamps

## SPECIALITY CAMP LIST

### HORSE

- o 4 pairs of long pants
- o 4 pairs of socks
- o Boots (rainboots, riding boots, etc)
- o **\*\*Campers will be required to wear a helmet. Helmets will be provided by our horse camp vendor, or you may bring your own.**

### SURF

- o 4 Swimsuits
- o 2 beach towels
- o Optional: watershoes
- o **\*\*Surf Board and rash guards will be provided**

## CA, LIT, & STAYOVER CAMPERS

Please bring enough clothes to last at least 2 weeks.

We do camper laundry over the weekend but so if there are a lot of Campers, it can take a while to get all the laundry done!  
We provide detergent.

**NOT  
ALLOWED  
AT CAMP**

- Video games
- Pods/iPads
- Laptops/Tablets
- Cell Phones
- Knives
- Guns
- Candles
- Alcohol
- Drugs
- Drug Paraphenalia
- Tobacco
- Weapons
- E-cigarettes
- Fireworks
- Explosives
- Matches/Lighters
- Offensive materials

# PREPARE YOUR CAMPER(S)

## Homesickness

It's common for campers to experience homesickness, especially if it is their first time away from home. Our first course of action is always prevention and we find that a lot of homesickness is typically short-lived, as our schedule and counselors keep campers busy and engaged. If your child is experiencing a more severe case of homesickness, we call you to talk through potential options. Please note that allowing kids to call home or talk on the phone is typically a last resort, as we find that this often makes the situation worse.

## Cabin mate requests

Please know that cabin mate requests must be mutual (other parents must request your child, too) with campers in the same program and within 1 year of age and grade of one another. We will do our best to honor these requests, provided they are made at least one week prior to the start of camp. To make a request please fill out your Camper Information Form in [CampBrain](#).

Note: Most campers come alone. Making new friends is a big part of the camp experience! We will honor mutual requests; however, our ability to accommodate multiple requests is dependent on overall registration.

## Outside Contact Policy

After the summer ends, we can no longer supervise our seasonal staff; therefore, it is YMCA policy that our staff not continue their friendships with campers outside of camp, including babysitting or social media. If you have concerns or questions, please reach out.

## BEHAVIOR POLICIES TO SHARE WITH YOUR CAMPER

It is our intention to provide a safe and nurturing environment for each and every camper. Please read the following policies and share them with your camper.

### Camper Behavior Expectations

- Follow camp rules and boundaries set by staff.
- Stay with your group at all times.
- Show respect to yourself, others, and the environment.
- Be responsible for your own actions.
- Have FUN!

Camp is an environment that is inclusive, respectful, and fosters character development. When deemed appropriate by the Camp Director, staff will communicate behavioral concerns to parents. The typical course of action when it comes to concerning behavior is a verbal warning, written warning and call home, and then dismissal from camp. Our goal is to create a plan with parents to ensure that the child behaves most positively with staff and peers. If behavior problems persist, it is the sole discretion of the Camp Director whether a camper may stay at camp.

The following items are grounds for immediate dismissal from Camp but are not limited to:

- Destruction of property
- Leaving Camp boundaries or property without permission
- Bullying
- Continued inappropriate behavior, including but not limited to threatening others, using profane language, not following directions, teasing, improper behavior in a camp vehicle, or inappropriate sexual behavior
- Jeopardizing the safety and well-being of other campers or staff.

## ASK YOUR CAMPER!

Research shows that intentional questions can produce significant learning and performance benefits.

### PRE CAMP

- What's one new thing you want to try while you are away at camp?
- What's one thing you are most nervous about? How will you handle that situation once you're at camp?

### POST CAMP

- What's something new you tried at camp?
- What's the most surprising thing you learned (about yourself) while you were away at camp?
- What's the one thing that makes you want to go back to camp?
- Tell me about your new camp buddy? Favorite camp counselor?