



YMCA CAMP BURGESS & HAYWARD Ski and Snowboard Adventure Parent Guide

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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Welcome to Camp Burgess & Hayward!

Dear Campers & Parents/Guardians,

Thank you for choosing to spend your February Vacation with YMCA Camp Burgess & Hayward! This guide provides the information that you will need as you prepare for the Ski and Snowboard trip. Please read through all of the contents carefully and do not hesitate to contact me if you have any additional questions.

Our mission is to provide a safe and rewarding experience for all participants that will result in new friendships, personal growth, and long-lasting memories!

Happy Trails,

Rebecca Salter

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Quick Checklist

UPLOAD TO CAMPBRAIN:

- Trip Participant Health & Information Form
- Copy of most recent physical
- Front/back copy of insurance card
- Pay account balance

COMPLETE:

- Online questionnaire (emailed)
- Waivers (waivers)

All forms and payment must be received prior to the trip.

YMCA CAMP BURGESS & HAYWARD ADVENTURE TRIPS

Trip Description

The February Vacation Winter Ski & Snowboarding Adventure is a wonderful mix of skiing and snowboarding, fun evening activities and enjoying the scenic New Hampshire winter!

For five nights, we reside in the White Mountains Hostel—a renovated New England farmhouse located in Conway, NH. We collectively plan and cook meals, as well as share responsibility for other communal duties throughout the week. If your camper has any dietary concerns, please call the Adventure Trips Director at 508-428-2571 ext. 109.

We ski/snowboard at four New Hampshire mountains: Mount Cranmore, Loon, Bretton Woods, and Attitash. Our activities and evening offerings include ice skating, snow tubing, games and art at the hostel, and dinner at a favorite local restaurant! We are looking forward to a fun-filled week during Camp Burgess & Hayward's Ski & Snowboard Adventure!



Trip Itinerary

This schedule is tentative. Changes may be made if deemed to be in the group's best interest.

Sunday: Check-in is at 8:30 AM at the Emilson YMCA branch in Hanover, MA. Before leaving for New Hampshire, we get to know each other with some ice breakers. Trip Leaders discuss ski trip policies, group expectations and the itinerary. Next, we head off to New Hampshire, stopping for lunch along the way in Portsmouth, NH. Once we arrive in North Conway, we head to the rental shop to grab our gear, hit the grocery store and then settle into the hostel where we prepare our first meal. Once everyone eats and the kitchen is clean, we head out snow tubing to celebrate our first evening together!

Monday: We prepare breakfast at the hostel before heading to nearby Mount Cranmore for our first day on the slopes! Some participants may take morning lessons, if they chose this option when registering. After a day full of skiing we will return to the hostel for a siesta and dinner. Afterward, it's early to bed in anticipation of a big Tuesday trip!

Tuesday: Up early— gotta make it to Loon Mountain before the rush! We pack our to-go breakfast and lunch so that most of the day can be spent on the mountain. When we're all done skiing for the day, we'll head back to the hostel for dinner and a relaxing movie night.

Wednesday: Everyone can sleep in a bit and enjoy a hearty breakfast at the hostel! After we've had our fill, we'll head to North Conway for some time to enjoy the shops, cafes and scenery in town. Next, we'll head out for an afternoon of ice skating. To cap off our day, we'll go to Bretton Woods for an evening of skiing under the lights and a delicious pasta dinner.

Thursday: We head to Attitash Mountain for our final day on the slopes! Afterwards we'll take the night off from cooking and have a meal out to celebrate our last full day together. At the end of the day, we'll return our rental equipment and enjoy our last evening at our cozy Conway nook.

Friday: After breakfast, we'll pack up our gear and drive south toward MA. Check-out is at 4:00 PM at the Emilson YMCA branch in Hanover, MA. Trip Leaders will be available to discuss the events of the week with parents and guardians. Thanks for a great week!

Due to vehicle space limitations, you will need to choose clothing that is versatile, lightweight, quick-drying, and comfortable. **Less is best!**

Clothing

- T-shirts (for the hostel)
- Cotton sweatshirts (for the hostel)
- Warm shirts—wool or sport wicking
- Wool or fleece sweaters
- Underwear
- Wool or synthetic socks
- Pants
- Shoes
- Pajamas

Ski/Snowboard Clothing

- Warm, waterproof winter jacket
- Long underwear top & bottoms
- Ski/Snowboard socks
- Balaclava / face mask
- Waterproof snow pants
- Warm hat
- Warm gloves / mittens
- Scarf or neck warmer
- Winter boots for snow tubing

Other Items

- Sunglasses
- Sunscreen & SPF lip balm—You can still get sunburned in the winter!
- Wristwatch
- 1-liter water bottle
- Toiletries: soap, shampoo, toothbrush, toothpaste, etc.
- Small daypack for misc. items
- Duffel bag/small suitcase with all your clothing— everything should fit in this one bag

Towels and bed linens are provided by the hostel.

Optional Items

- Camera
- Spending money— (for souvenirs/ snacks at the mountains- \$30-60 should be plenty)
- Journal and Pen
- Books, magazines, playing cards, etc.

Winter Sport Equipment

- Goggles (cannot rent—required)
- Helmet (required)
- Skis, Boots, Poles
- Snowboard, Boots

Ski/snowboard equipment and helmet may be rented for \$125, and must be reserved in advance.

Packing Tips:

- Please note that there are NOT laundry services available at the hostel. Bring extra layers, as clothing may get wet.
- We are outdoors almost all day, everyday, so it is essential to bring warm clothing.
- All clothing should be marked with the participant's name
- Please keep your electronics at home— cell phones **are** allowed on this trip on a limited basis.
- The following items are not permitted: aerosol spray cans, cigarettes, alcohol, tobacco products and any other drugs, fireworks, matches, lighters, knives, and gaming systems of any kind. Internet devices, such as iPads, Kindles, etc. are also not permitted.
- Campers are responsible for the safety of their property & equipment. Camp Burgess & Hayward does not take responsibility for lost, stolen, or damaged items.

CHECK-IN

Check-in is Sunday February 18th at 8:30 A.M.

Check-in is at the lobby of the Emilson Branch of the South Shore YMCA in Hanover, MA. The address is: **75 Mill Street, Hanover, MA 02339**. Directions to the Emilson YMCA are on the last page of this guide. Please be on time!!

Please bring the following with you:

- ✓ All medications (labeled and in a Ziploc bag)- **THIS INCLUDES OVER-THE-COUNTER MEDICATIONS**
- ✓ All clothing and equipment
- ✓ Excited skiers/snowboarders

What to expect:

At check-in, campers and parents/guardians meet the Trip Leaders, complete the check-in form, review that all paperwork is complete, and go over any medications with the Trip Leaders. Campers and parents/guardians may ask any questions of the Trip Leaders.

CHECK-OUT

Check-out is on Friday February 23rd at 4:00 PM

Check-out also takes place in the lobby of the Emilson Branch of the South Shore YMCA in Hanover, MA.

WHERE WE STAY: WHITE MOUNTAINS HOSTEL in Conway, NH



The group will be staying at the White Mountains Hostel– a large, renovated farmhouse in Conway, NH. Trip participants will be separated by gender and will sleep in bunk rooms with adjacent gender-separate bathrooms and showers. There is also a common kitchen, dining, and meeting area. The dining space has seating for large groups, allowing our group to have dinner together and spend time as a group after our days at the mountains. Conway is a classic New England village nestled in the heart of the White Mountains. The hostel is just a short drive from Cranmore Mountain as well as the village center in North Conway. We will be sharing the hostel with other guests.





TRIP HEALTH AND INFORMATION FORMS

All required forms are available online through our registration portal, CampBrain. Each participant needs to fill out the Medical Form questionnaire on CampBrain. In addition, please upload a copy of your camper's most recent physical (within 1 year) to their CampBrain account under "Physical-Immunization Form", as well as a front/back copy their insurance card (under "Insurance Card").

Parents/guardians sometimes hesitate to provide personal information about their child's behavior or past experiences. Having prior knowledge about a learning disability, a special condition like ADHD, a recent loss, or a major change in the family/child's life makes a tremendous difference in helping us be sensitive to your child's needs—especially in the first couple days of our time together. We believe that this information is invaluable in assisting us to make a smoother transition for our group as we travel and live together for the week.

MEDICAL POLICIES

In cases of illness or accident, participants are cared for by their Trip Leaders. If the participant requires further attention, they will be transported to a nearby medical facility. In such cases, parent/guardian(s) are contacted by the Adventure Trips Director and/or the medical facility staff. Parent/guardian(s) are responsible for all medical costs incurred. In some cases, illness/injury may prevent a participant from being able to continue with the trip. Arrangements will be made with parents/guardians to have their child return home.

MEDICATIONS

Some parents/guardians consider it in their child's best interest to stop taking behavior management drugs during this program. It is our experience that a sudden change in medication can cause difficulties for participants while on their trip. If you are considering this option for your child, please call the Adventure Trips Director, who would be happy to discuss this with you.

Trip Leaders carry all medications in their First Aid Kits. Trip Leaders cannot administer medications, but will make them available at required times throughout each day. It is in your child's best interest to be familiar with their own medication, dosage, and daily requirements. During check-in, parents/guardians, Trip Leaders, and participants meet privately to discuss and document the necessary information pertaining to medications. Please have all medications labeled and placed in Ziploc bags prior to check-in. **Trip Leaders must collect all medications, including over-the-counter medications, from participants at check-in.**

SPENDING MONEY

Other than rentals and lessons, all expenses for this trip are covered by the program cost. However, if campers would like to buy extra snacks or souvenirs, they will need to bring their own spending money. Campers are responsible for carrying and managing their own money. In past years, some participants have enjoyed buying their own lunches at the various mountains; \$30-\$60 in total spending money should be more than enough.

CELLPHONES

Cellphones are strictly prohibited on most parts of this trip. Participants are allowed to carry their phones at each mountain for safety on the slopes. Upon departure from the slopes, participants will turn in cell phones for the remainder of the day in order to promote group interaction and provide a much-needed break from technology. Trip Leaders always carry a cellphone for emergency purposes. At check-in, parents and participants are asked to read and sign a cell-phone agreement so that all parties fully understand the cell phone policy.

BEHAVIOR

We have clear expectations for appropriate behavior for our Trips participants. Each camper is responsible for their behavior and actions. The group will talk about behavior expectations at the beginning of the trip. Some of these expectations include treating group members and staff with respect, using appropriate language, listening to instructions from Trip Leaders, and assisting with their share of the cooking/clean-up responsibilities.

In the case of inappropriate behavior, Trip Leaders will work with campers to address and manage their behavior and help make their experience successful. If, in the judgment of the staff, a participant's behavior/attitude hinders the group's enjoyment of the trip, endangers the welfare of the group, or reflects badly upon Camp Burgess & Hayward, the participant will be sent home at their own expense, and no refunds are available. Such serious misconduct includes: uncooperative or belligerent attitude/behavior, use and/or possession of alcohol/tobacco/illegal drugs, stealing/shoplifting, bullying/violence towards other group members.



PARENT CONTACT

Please contact the Adventure Trips Director if you have any questions or concerns during the trip. She will answer questions or relay a message to your child in the case of an emergency.

EQUIPMENT RENTALS & LESSONS

Rentals and lessons are available for an additional fee. Please fill out the JotForm questionnaire to indicate your interest in rentals or lessons, and the Adventure Trips Director will be in touch to coordinate. Cost for lessons will depend upon interest– we may set up group or individual lessons. Cost for equipment rental is \$125 for the week. Campers are responsible for care of their rental equipment, and parents/guardians are responsible for any additional costs if equipment is lost/damaged.

WAIVERS

Some of the ski areas we are visiting require a waiver signed by a parent/guardian. Waivers will be sent via email prior to the trip and will be available at check-in– make sure you do not leave before signing these waivers!

MEALS & COOKING

All participants take part in the preparation, cooking, and clean-up of meals, with the help of the Trip Leaders. We offer a diverse menu of healthy, delicious, and well-balanced choices. We can accommodate vegetarians and most specialized diets with advance notice. Trip participants will visit the grocery store together. Please make sure your camper is aware that they will be expected to help in the cooking/clean-up process.

TRIP LEADERS

This trip is led by two Trip Leaders, who are at least 21 years old and certified in at least CPR/AED and First Aid– though many Trip Leaders hold additional certifications. Our staff focuses on safety, group membership, and fun, while providing leadership and logistics management in order to enhance the overall adventure experience.

A NOTE ABOUT SAFETY

Skiing and snowboarding are inherently dangerous activities. Campers will have the opportunity to ski/snowboard in small groups without direct adult supervision for an allotted amount of time. The mountains have terrain parks, where campers may enjoy doing tricks and jumps. Please talk to your camper about skiing/snowboarding safely. We will go over basic ski/ride etiquette with the group prior to our first day on the slopes.

We require that participants wear a helmet while skiing or snowboarding.

FEES & REFUNDS

The balance of your fees is due two weeks before check-in day. Please settle any outstanding balance using your online registration account or by mailing a check to the camp office at the address below.

YMCA Camp Burgess & Hayward
Ski & Snowboard Adventure
75 Stowe Road
Sandwich, MA 02563

There is a \$25 fee for returned checks. If the balance of fees is outstanding past the due date, your registration may be cancelled. There are no refunds for late arrivals or early departures, including being dismissed for behavioral issues or homesickness.

Cancellation Policy:

Cancel *before* January 18, 2019– 100% program fees paid are refundable.*

Cancel *on or after* January 18, 2019 – 50% program fees paid are refundable.*

Cancel *within 14 days* of program start date – No refund, except in the case of medical necessity (documentation must be provided).*

* **Please note:** The \$150 program deposit and \$45 registration fee are non-refundable under any circumstances.

DIRECTIONS TO THE EMILSON YMCA

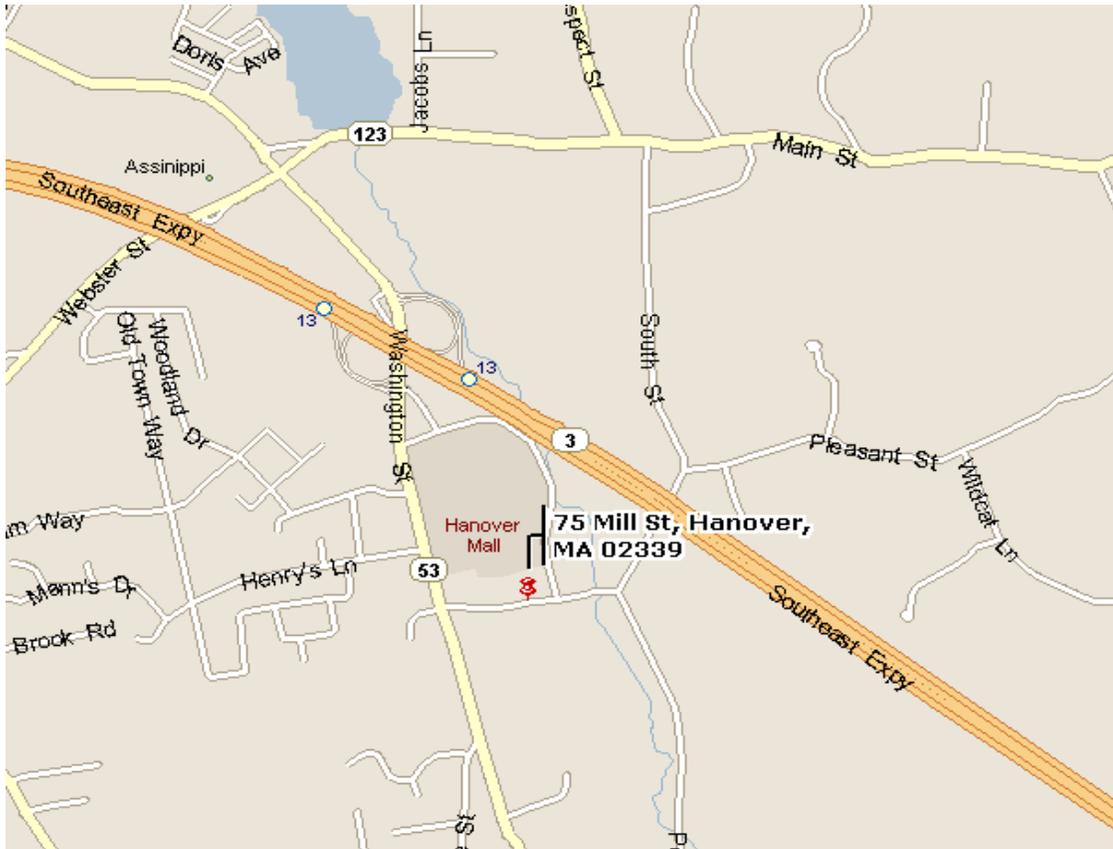
75 Mill Street, Hanover, MA 02339

From the North

Take Route 3 South.
Take exit 13 (Routes 53/123 Hanover/Norwell).
At end of ramp take a right.
At second light take a left onto Mill Street.
We are located 1/2 mile down on the right.

From the South

Take Route 3 North.
Take exit 13 (Routes 53/123 Hanover/Norwell).
At end of ramp take a left.
At third set of lights take a left onto Mill Street.
We are located 1/2 mile down on the right.



**This trip is part of Camp Burgess & Hayward's Adventure Trips Program.
Visit our website to learn about all of our program offerings!**

www.campburgessandhayward.com/adventuretrips

