

# YMCA CAMP BURGESS & HAYWARD SKI AND SNOWBOARD ADVENTURE Parent Guide 2020



## Welcome to Camp Burgess & Hayward!

Dear Campers & Parents/Guardians,

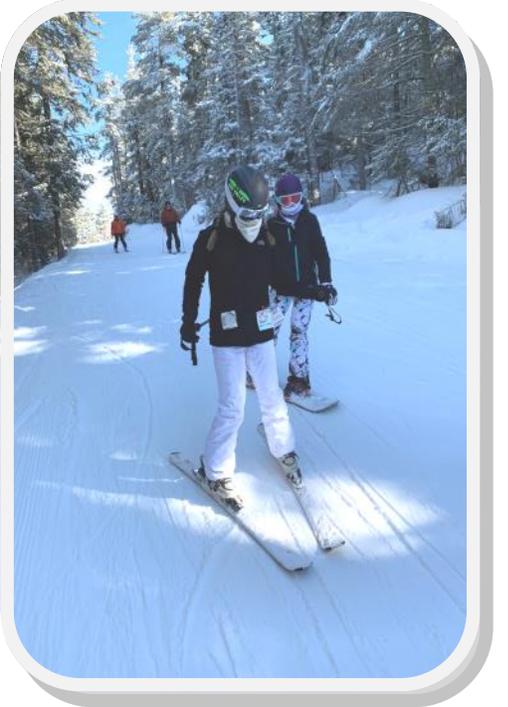
Thank you for choosing to spend your February Vacation with Camp Burgess & Hayward! This guide provides the information that you will need as you prepare for the Ski and Snowboard trip. Please read through all of the contents carefully and do not hesitate to contact me if you have any additional questions.

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

Happy Trails,

*Rebecca Salter*

Rebecca Salter  
Adventure Trips Director  
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**TRIP ITINERARY** We spend every full day (Monday-Thursday) at a different ski area. We ski/snowboard at four New Hampshire mountains: Mount Cranmore, Loon, Bretton Woods, and Attitash. At the end of most days, everyone is exhausted from a successful day at the mountain! We spend evenings playing games and watching movies. We also go snow tubing, ice skating, and exploring North Conway.

We stay at a large house in North Conway, NH. We collectively plan and cook meals, and share responsibility for other communal duties throughout the week.

### **Daily Itinerary**

**This schedule (including ski areas) is subject to change in the group's best interest.**

**Sunday:** Check-in is at **9:00 AM** at the Emilson YMCA in Hanover, MA. We get to know each other, discuss trip policies, and go over the itinerary. Then, we head off to New Hampshire, stopping for lunch along the way. We go to the rental shop to get gear, stop at the grocery store, and then settle into our house. After dinner, we head out for snow tubing at Cranmore!

**Monday:** Skiing/Snowboarding at Cranmore! Participants who signed up to take lessons will do so at Cranmore.

**Tuesday:** A full day at Loon Mountain!

**Wednesday:** Sleep-in day! We spend the morning exploring North Conway, ice skate in the afternoon, then head to Shawnee Peak for night skiing!

**Thursday:** We head to Attitash Mountain for our final day on the slopes!

**Friday:** Pack up, clean our house, and drive south. Check-out is at **4:00 PM** at the Emilson YMCA. Trip Leaders are available to discuss the events of the week with parents and guardians.

# PACKING LIST

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

## 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
- Warm shirts—wool or wicking
- Wool or fleece sweaters

## OPTIONAL ITEMS

- Camera
- Spending money\*
- Journal and pen
- Books, magazines, playing cards, etc.
- Ski/snowboard lock

## CLOTHING

- T-shirts
- Sweatshirt
- Underwear
- Pants
- Shoes
- Pajamas
- Socks

### Packing Tips:

- 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
- Leave your electronics at home: IPads, kindles, gaming devices, etc. are not allowed. \*\*Cell phones **are** allowed on this trip on a limited basis.
- The following items are not permitted: aerosol cans, cigarettes/alcohol/tobacco products & any other drugs, fireworks, matches, lighters, knives
- Campers are responsible for the safety of their property & equipment. Camp Burgess & Hayward does not take responsibility for lost, stolen, or damaged items.

## WINTER SPORT EQUIPMENT

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

\*\*\*Rentals available for a fee

## OTHER ITEMS

- Sunscreen & SPF lip balm
- Wristwatch
- 1-liter water bottle
- Toiletries: soap, shampoo, toothbrush, toothpaste, etc.
- Small daypack

**Towels and bed linens are provided.**

**\*SPENDING MONEY:** Other than rentals and lessons, all expenses for this trip are covered by the program cost. Campers are allowed to bring spending money to buy extra snacks or souvenirs, or to buy their own lunches at the mountains. Campers are responsible for carrying and managing their own money. \$30-\$60 in total spending money is plenty.

**\*\*CELLPHONES:** Cellphones are strictly prohibited on most parts of this trip. Campers are allowed to carry their phones at each mountain for safety on the slopes. When leaving the slopes, campers 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.

**\*\*\*EQUIPMENT RENTALS:** Rental equipment is available for a \$135 fee. Please fill out the JotForm questionnaire to indicate your interest in rentals, and the \$135 fee will be added to your account. We rent equipment for the week from a shop in North Conway, so no waiting in line at every mountain!

Campers are responsible for care of their rental equipment, and parents/guardians are responsible for any additional costs if equipment is lost/damaged.

## CHECK-IN

### Check-in is Sunday February 16th at 9:00 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 21st at 4:00 PM

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

### 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 (emailed)

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

## 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.

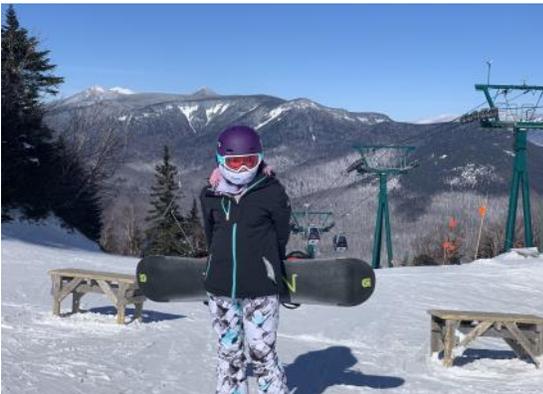
#### Cancellation Policy:

Cancel **before** January 18, 2020– 100% program fees paid are refundable.\*

Cancel **on or after** January 18, 2020 – 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 circumstance.



## WHERE WE STAY: North Conway, NH

The group stays at a rented house in North Conway, NH. Trip participants will stay in single-gender bedrooms. Many participants will sleep in twin beds, while a few will share double/queen beds.

Our house also includes a kitchen, dining area, living room, and game room, so we'll be able to spend time as a large group when we're back from the mountain each day. North Conway is a classic New England village nestled in the heart of the White Mountains.

**Please speak with your camper about treating our house with respect; we are lucky to have such a nice place to stay during our trip!**



All participants take part in the preparation, cooking, **MEALS & 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.



## BEHAVIOR

We have clear expectations for appropriate behavior for 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.

## 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"). **Please upload this information to CampBrain even if you attended camp last summer.**

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. This information is invaluable in assisting us to make a smooth 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 "medication vacations" can cause difficulties for participants 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. Please insure you child is familiar with their own medication, dosage, and daily requirements. During check-in, parents/guardians, Trip Leaders, and participants meet privately to discuss and document necessary information pertaining to medications. Please have all medications labeled and in Ziploc bags prior to check-in. **Trip Leaders must collect all medications, including over-the-counter medications, from participants at check-in.**

## LESSONS

New and less experienced skiers/snowboarders have the opportunity to take lessons at the mountains for an additional fee. Cost for lessons will depend upon interest— we may set up group or individual lessons. Please indicate your interest in lessons on the survey emailed out to registered families, and we will be in touch to coordinate.

## 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!

## 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.**



# DIRECTIONS TO THE EMILSON YMCA

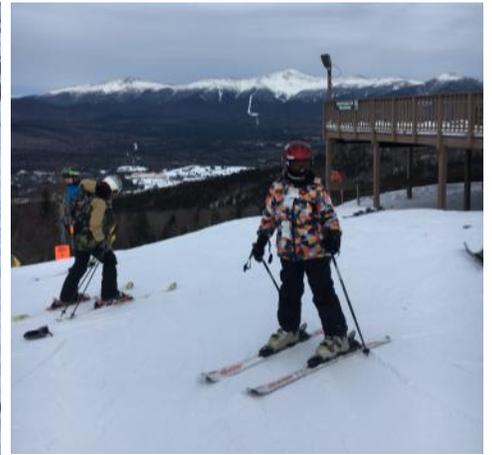
75 Mill Street, Hanover, MA 02339

## 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](http://www.campburgessandhayward.com/adventuretrips)**

