



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2020 COASTAL CAMP INFO GUIDE

**YMCA Camp Jones Gulch**  
11000 Pescadero Road  
La Honda, CA 94020  
P: 650-747-1200  
[www.ymcasf.org/campjonesgulch](http://www.ymcasf.org/campjonesgulch)



## WELCOME TO YMCA CAMP JONES GULCH!

We're looking forward to a great summer, and are so happy your child will be joining us. At YMCA Camp Jones Gulch, we focus on safety, character development, and fun, which makes us a great place for your child to learn and grow. We follow strict guidelines established by the ACA (American Camp Association) and the YMCA to ensure your child will have a safe, fun, and meaningful camp experience. We teach caring, honesty, responsibility and respect to all our campers. Thank you for choosing us for your child's summer experience!

### INSIDE

About Jones Gulch  
Before Camp Begins  
Packing List  
Check-In & Check-Out Info  
While Your Child is at Camp  
After Camp Ends  
Other Programs

### BASIC REGISTRATION QUESTIONS?

Contact our Member Services Staff  
at (650) 747-1200.

### DON'T SEE YOUR PROGRAM?

Separate Guides Are Available for:  
**Traditional Overnight Camp**  
**Day Camp**  
**Teen Adventure Camp**  
**BOLD & GOLD Backpacking**

### QUESTIONS ABOUT CAMP?

Contact Jessi Prevost,  
Youth & Family Director  
[jprevost@ymcasf.org](mailto:jprevost@ymcasf.org)

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## SESSION DATES

### OVERNIGHT CAMP & HORSE CAMP

- Session 1: June 14 - 18
- Session 2: June 21 - 26\*
- Session 3: June 28 - July 3
- Session 4: July 5 - 10
- Session 5: July 12 - 17
- Session 6: July 19 - 24\*
- Session 7: July 26 - 31
- Session 8: Aug 2 - 7

\*Sessions 2 & 6 are Coastal Camp and will be held off-site at Point Bonita YMCA—No Horse Camp

### LEADERSHIP CAMPS

#### Leaders in Service

Session 1: June 14-18

#### Counselor in Training (CIT I & II)

Session 4/5: July 5 - 17  
Session 7/8: July 26 - August 7

#### Wrangler in Training (WIT)

Session 4/5: July 5 - 17

#### Junior Lifeguard

Session 4: July 5 - 10



# ABOUT JONES GULCH

At YMCA Camp Jones Gulch, campers discover the natural world. It is much more than simply canoeing, swimming, campfires with friends, archery, horseback riding, and dabbling with the arts. Campers and counselors work together, learn new skills and build an honest, caring, responsible and respectful community. At the heart of the program, we encourage campers to challenge themselves to meet personal goals, gain confidence and become part of team.

To get the most out of Camp, you must:

- Live and play respectfully with similarly aged campers.
- Be responsible for personal care and individual health and safety.
- Follow a varied activity schedule and manage free time.
- Enjoy overnight excursions that require challenging hikes.
- Understand and respond to group instruction for the activities.
- Join in group activities that build community, such as singing, campfires, and family-style meals in the dining hall.
- Contribute positively to the overall spirit of the camp community.

YMCA Camp Jones Gulch endeavors to arrange reasonable accommodations to make camp accessible while preserving the rustic facilities, natural surroundings and quality of the camping experience for all.

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## Our Staff

Our greatest resource is our staff, which is comprised of young adults who are carefully screened for their desire and ability to work with children. They complete an intense training program, to foster a safe and fun environment for our campers. Our directors and coordinators have extensive experience in youth development and leadership. Many of our staff were once campers here themselves. We attract staff from across the U.S and around the world. Staff members come from a variety of life experiences and backgrounds. We put a great deal of effort into recruiting the finest young people to lead and inspire our campers.

## OUR MISSION

We build strong kids, strong families, and strong communities by enriching the lives of all people through spirit, mind, and body.

## OUR VISION

Using the vibrant beauty of our own 927-acre property as well as the breadth of dramatic natural areas throughout California, YMCA Camp Jones Gulch will ensure that kids of all ages, and families of all configurations, experience the outdoors. Camp provides pathways for discovery, inquiry, inspiration, rambunctious exploration, and the art of making friends.

## WELCOME ALL

We work to ensure that everyone, regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, income, national origin, race, or sexual orientation has the opportunity to reach their fullest potential.



YMCA Camp Jones Gulch is proud to be an American Camp Association accredited camp, meeting nationally recognized standards for quality youth camping.

# NEW IN 2020!

We're excited to announce some upcoming changes to our programming for this summer!

## Gender At Camp

At Y Camp, we strive to provide an experience that is inclusive and welcoming to all campers. With this goal in mind, we are now offering All Gender cabins to campers of any age group. We also recognize that many campers will be more comfortable in a cabin with only campers who share their gender identity. We will strive to honor everyone's preferences.

In the rare instance that our cabin configuration will not allow for a camper's indicated preferences to be honored, we will reach out to that family prior to camp.

## No Stay-Over Weekends

In an effort to better support the physical and mental health of our campers and staff, we will no longer be offering Overnight Campers the option to stay at camp for the weekend between sessions. Campers in 2-week programs, such as CIT and WIT, will continue to stay at camp for the entire two week session.

## Age Divisions

As we strive to better balance our Overnight Camp age groups and match them appropriately with activities, we are adjusting them slightly.

## Overnight Camp

- Pioneers: Entering Grades 3-4
- Explorers: Entering Grades 5-6
- Questers: Entering Grades 7-9
- Rangers: Entering Grades 10-11

## Mini Camp

This program is for campers entering Grades 1-3. Mini Camp is closely meshed with the Overnight Camp program and is referred to as "Discoverers and Adventurers."

## Leadership Camp

Our oldest campers also have the opportunity to engage in leadership programs. The Counselor-In-Training I (CIT I) program is designed for our 15 year old campers (Age 15 by June 1) who want to learn more teambuilding and leadership skills. The Counselor-in-Training II (CIT II) program is designed for our 16 year old campers (Age 16 by June 1) who are interested in becoming future counselors and requires a special application. Campers spend one week learning the basics of being a counselor and the second week shadowing older counselors. Both CIT programs are two weeks long.



# BEFORE CAMP BEGINS

## MEDICATION AT CAMP

If your child takes medication, consult your doctor before camp. All medications must be checked in at registration. Any prescription medication that we receive needs to be in the original container with the child's name and dosage information. Medications that are prescribed to parents or siblings cannot be administered to campers. Please do not pack any medications, including non-prescription or vitamins, in your child's luggage. It is helpful to place the medications in a Ziploc bag with the child's name clearly labeled. The camp health center will have a variety of over-the-counter medications for simple ailments. Medications are usually dispensed at mealtimes; if your child needs to have medication at another time, please let the Medic or Director know when you check in.



# PACKING LIST

- Layering helps to be prepared for the changing temperatures at camp.
- We recommend packing old, comfortable clothes.
- The YMCA is not responsible for lost or damaged articles.  
PLEASE MARK ALL OF YOUR CHILD'S BELONGINGS WITH THEIR NAME!!

The following is a suggested packing list for a week-long program.

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## WHAT TO BRING:

2-3 Long pants/Jean	8 Pairs Socks	Soap
2-3 Sweatshirts	2 Pairs Shoes	Comb/Brush
Warm Jacket	2 Towels	Rain Gear
6 T-shirts	Washcloth	Water Bottle
4 Shorts	Lip Balm/Chapstick	Sunscreen (#15+)
2 Long-sleeve shirts	Flashlight	Warm Sleeping Bag
1-2 Swimsuits	Toothbrush/toothpaste	1-2 Blankets & Pillow
8 Underwear	Shampoo	Pajamas

**FOR HORSE CAMP: EXTRA  
PAIRS OF LONG PANTS!**

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## OPTIONAL ITEMS:

Hat/Cap with Brim	Sunglasses	Stationary and Stamps
Book/Reading Material	Beanie	Addressed Envelopes
Disposable Camera	Day Pack	Games for Free Time

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## WHAT NOT TO BRING:

Food, Gum or Candy	Cell phones	Tobacco Products
iPods/Radios	Knives/Hatchets	Aerosol Sprays
Matches/Lighters	Drugs or Alcohol	Animals
Weapons	Fireworks	Vehicles
Sports equipment	Laptop/iPad	Hand-held Game Console

# CHECK-IN & CHECK-OUT



## CHECK-IN PROCEDURES

### The Way to a Smooth Check-In

- Drop off is from 2:00 to 3:00 PM on Sunday at the Point Bonita YMCA. A Camp Director will be available until 3:15 to answer any questions you may have.
- All children will be given a quick lice check at Check-In before they are admitted to camp.
- If your camper has any medications (prescription or over-the-counter), make sure your child's name is on the medication. Please check the medications in with either the Medic.
- Visitors should leave camp no later than 3:45 PM.

## CABIN-MATE REQUESTS

There are many factors that go into cabin placements and every effort is made to honor requests. However, **campers must request each other** and be in the same age/grade unit. Campers may request up to two others to share a cabin with (for a total of three campers in the group). If groups of 4+ are attending camp together, we recommend splitting into two smaller groups of cabin mates.



# DIRECTIONS POINT BONITA

## From San Francisco (101 N):

Take exit 442 to merge onto Alexander Ave. Turn left onto Bunker Rd and drive 2.7 mi. Turn left onto Field Rd and drive 1 mi. Turn right to Point Bonita YMCA.

## From Highway 101 N:

Take exit 442 and turn right onto Alexander Ave. Turn left onto Bunker Rd and drive 2.7 mi. Turn left onto Field Rd and drive 1 mi. Turn right to Point Bonita YMCA.



# CHECK-OUT PROCEDURES

## AT CAMP

- For campers traveling home with their parent/guardian, pick up is from 4:00 PM to 4:30 PM on Friday. Please have photo ID available to show.
- You will need to sign your camper out before leaving with your child.
- You will also be handed a Check-Out Slip after you sign your camper out. At this point, you may pick up your child. You will need to hand this slip to the counselor at the front gate on your way out of camp.
- Please be sure to check the Lost and Found before you leave!



# WHILE YOUR CHILD IS AT CAMP

## SENDING LETTERS

Sending a letter is a perfect way to tell your camper that you miss and love him/her. We recommend sending letters a few days prior to the session to make sure they are received. Please do not send letters by fax. All mail and emails will be delivered at dinner. Please mail your letters to:

### SNAIL MAIL

Camper's Name, Session #  
Point Bonita YMCA  
981 Fort Barry  
Sausalito, CA 94965

### EMAIL

To: [campers@ymcasf.net](mailto:campers@ymcasf.net)  
Subject: Camper's Name, Session #

Please do not send any food items.

## HELPFUL HINTS FOR EMAILING YOUR CHILD

- Do not include links to websites, including greeting cards.
- Do not send attachments.
- If you are forwarding another email message, make sure it is not being forwarded as an attachment.
- Do not send lengthy information like newspaper articles or sports scores.
- Feel free to send one email per day.



Kayaking  
Hiking  
Lighthouse Visit  
Beach Exploration  
Arts and Crafts  
Dress Up Meals  
Campfires  
Basketball  
Field Games  
Gaga Ball  
Fort Building  
Ropes Course  
Talent Show  
Dance

## CAMP ACTIVITIES

A camper's day is divided into activity periods. Most activity periods are pre-scheduled, but there are opportunities for the campers and their cabins to choose their activities. Upper Grade Campers have fewer pre-scheduled activities. Instead, they have the opportunity to better explore their individual interests!

Additionally, a couple of afternoons a week, all campers get to pick their activities during Individual and Cabin Choice periods. Campers and their cabins can choose between our regularly scheduled activities as well as activities specifically set for individual or cabin choice.

## A TYPICAL DAY

(Each day varies slightly)

8-9: Wake Up, Breakfast, Inspiration, Cabin Clean Up

9-10:30: Activity One

10:30-12: Activity Two

12-1: Lunch

1-2: Siesta

2-3:15: Individual Choice

3:15-4:30: Cabin Choice

4:30-5:45: Activity Five

5:45-7: Crazy Dinner Prep, Dinner

7-8: Twilight Games

8-9: Campfire/Evening Program

9-10: Reflection, Lights Out



## MEALS

Campers eat meals with their cabin group in the Redwood Dining Hall. YMCA food service staff prepares the meals and second helpings are always available. In addition, the Dining Hall has whole fruit available for campers during the day. We can accommodate some food allergies, each considered on a case-by-case basis. Please contact our Camp Office for details.

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## BEHAVIOR AND DISMISSAL POLICY

Attending YMCA Camp Jones Gulch is a privilege that you as a parent/guardian have chosen for your child. Our staff will make every attempt to provide positive, realistic expectations and guidelines for your children. During registration, parents/guardians are given the YMCA Ground Rules Policy and agree to review them with their camper. This presents an ideal opportunity for you and your child to discuss appropriate behavior at camp. If a camper is having a difficult time behaving appropriately, counselors will work with the camper and use positive discipline, behavior contracts, phone calls home to parents, and assistance from coordinators and directors to help the child contribute to a safe, respectful community at camp. Campers who cannot abide by the camp rules, or are adversely affecting the experiences of other children, will be dismissed without a refund.

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## HOMESICKNESS

Going away to camp can be a challenging experience. It is perfectly normal for some children to experience difficulty with the many changes associated with being away from home. Prepare your child by talking with them about this experience prior to camp. Let them know that you have confidence in their abilities, and try to focus on the positive aspects of going to camp, such as the new friends they'll make and the activities they'll enjoy.

Once at camp, our caring and well-trained counselors will keep campers busy and engaged! Positive letters and emails from home are reassuring; however, we do not encourage phone calls. Our experience indicates that, once a child talks to a parent, their homesickness increases and may become difficult to manage. If there is an emergency, the camp office phone number is (650) 747-1200.

# HEALTH CARE AND INSURANCE

It is the responsibility of every camper's parent or guardian to provide for the camper's health and accident coverage while participating at YMCA Camp Jones Gulch. The health and safety of your child is our primary concern. We have a qualified camp medic on duty 24 hours a day. Local medical services are available in Half Moon Bay, which is located a short drive away. We have access to 911 emergency services, who respond quickly to a call. Our staff members are all certified in first aid and CPR.

We conduct brief health screenings with all campers on opening day. Please, if your child is ill, do not send them to camp. We will work with you to place your child in a later session or give a refund if a doctor's note is provided. If your child has any health concerns that may affect his/her stay at camp that were not indicated on the Health History and Examination Form, please let us know in writing prior to arrival at camp. Campers with a temperature of over 100 degrees will NOT be admitted into camp.

In case of illness while at camp, campers will be housed in the Health Center for a brief period. Our practice is to call you if a camper is out of program for more than half a day. We will also call you to report any accidents more severe than a simple scratch or bruise. However, if you cannot be reached, we will try to get in touch with the listed emergency contact. Please be sure to provide us with complete emergency contact information, especially if you are traveling. In the event that no one can be reached, we have your written authorization for emergency medical care on the Health History and Examination Form. Emergency services can be available within 10 minutes of calling 911. All off-site trips will have the names, phone numbers and directions to the nearest hospitals for all points of the trip. Again, we will contact you or your emergency contact if emergency services are needed.

## Special Medical Needs

YMCA Camp Jones Gulch strives to be inclusive with all youth, however we also want to be realistic in terms of what we can offer based on our staff's medical knowledge. If your camper has any special medical needs, please contact the Director as soon as possible so that, together, we can determine if our camp can provide a successful, positive experience for your camper.

## IMMUNIZATIONS

For the safety of our staff and campers, we will not be providing any exemptions to immunizations based on personal or religious beliefs.

[www.ymcasf.org/cjg-summer](http://www.ymcasf.org/cjg-summer)



# AFTER CAMP ENDS

## LOST AND FOUND

Please be sure to check the lost and found before you leave camp and check for missing items. We hold onto lost and found items until one week after camp ends; any unclaimed items will be donated to a local charity. If your child has left something at camp, we are happy to mail it to you, provided we are reimbursed for the postage. To reduce the number of items lost, **please mark your child's belongings with their name.**

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## EVALUATIONS

At the end of each session, you will receive an evaluation for each program in which your child participated. (The forms will also be available on our website.) We welcome your feedback, as it is invaluable to the future success of our programs. Based on the information we receive from parents and campers, we can make decisions on how to improve our existing programs and implement new ones.

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## COUNSELOR COMMUNICATION AFTER CAMP

It is the YMCA of San Francisco's staff policy that our employees have no outside contact with campers after camp unless it is at a sanctioned YMCA function. This includes letters, e-mail, social networking websites and visits in person. Letters addressed to YMCA Camp Jones Gulch are always welcome. Please explain to your camper that the consequences of staff not following this policy are severe, up to and including termination. We have stringent child abuse prevention policies in place to help keep your child safe including, but not limited to, fingerprinting, multiple reference checks, and additional training.

Many camps, schools, and youth agencies have struggled to deal with adolescent behavior on social networking websites and "chat rooms" on the Internet, such as Facebook, etc. We encourage you to research your child's internet activities so you can stay "in the loop." We recommend the website [www.commonsensemedia.org](http://www.commonsensemedia.org) for more information.

# OTHER PROGRAMS

## BOLD & GOLD BACKPACKING & TEEN ADVENTURE

Have a teen who's ready for a bit more of an adventure? Sign them up to develop their leadership skills on one of our BOLD & GOLD backpacking trips to Yosemite, Point Reyes National Seashore, Big Basin, or Lake Tahoe. Or try our Teen Adventure program which offers outdoor adventure trips featuring various activities including camping, whitewater rafting, surfing, biking, hiking, and rock climbing.

## FAMILY CAMPS

We offer three opportunities for your whole family to spend time together at camp. We'll take care of the food, and provide programs for all ages. You can do as much or as little as you want... as a family!

- Memorial Day Family Camp (May 22 - 25)
- Labor Day Family Camp (Sept. 4 - 7)
- Autumn Magic Family Camp (October 16 - 18)

## WOMEN'S WEEKEND GETAWAY (May 1 - 3)

Join us for a weekend of fun! Indulge your inner child, grab your friends and escape to a gal's weekend in the beautiful redwoods! Enjoy a full schedule of activities and workshops devoted to enriching your spirit, mind and body.

## BRING YOUR OWN GROUP TO CAMP!

YMCA Camp Jones Gulch provides year-round accommodations and meeting spaces for up to 400 people. Our cabins are comfortably heated and house 8-16 guests. We have three lodges with fireplaces for meetings spaces. The ideal location for Church Retreats, Music/Band Camps, Sports/Drama Camps, Family Reunions, Scout Camporees, Y-Guides, etc.

## CHALLENGE COURSE

### Ropes Course and Teambuilding

Home of California's first live ropes course, YMCA Camp Jones Gulch offers full teambuilding programs, including group initiatives, low ropes and high ropes elements. Low events range from zero to six feet above the ground, while high events are attached to large redwood trees at an average of thirty feet above ground.

Visit [ymcasf.org/programs](http://ymcasf.org/programs) for more information about all of the programs we offer.

