Dear Parents & Campers,

Welcome to the Chinatown YMCA’s Residence Camp! The staff is very excited about this year and it promises to be one of the most memorable camps of the millennium! We are already working hard to put together a week full of fun and friends.

This letter is confirmation that your child is registered in Residence Camp: July 25th to July 31st. Please take a moment to review the enclosed information and fill out ALL the required forms COMPLETELY. Forms can be e-mailed to dhung@ymcasf.org, fax 415-796-7359 ATTN: Denise Hung, or mailed / dropped off to the Chinatown YMCA.

**Required Forms:**

- Youth Registration Form
- Concussion Policy Acknowledgement
- Health History Form
- Code of Conduct Form
- Riflery Consent Form (2 parts)

**Important dates and events:**

**Camp Rally** – Come meet the staff, ask questions, borrow frame packs, and turn in your packets!
Saturday, June 27th 3:00 pm – 4:00 pm  
Chinatown YMCA, 855 Sacramento Street, San Francisco, CA 94108

**Drop Off:** Saturday, July 25th, 7:30 am  
**Pick Up:** Friday, July 31st, 6:00 pm  
(Drop off and Pick up is at the Chinatown YMCA, 855 Sacramento Street, San Francisco, CA 94108)

**Camp Fleischmann:** Is located just outside the town of Chester in the Lassen Volcanic National Forest. For more information about the campsite please visit: www.scouter.org/Activities/Camp%20Fleischmann.

**Care Package:** If you wish to send a letter or care package to Camp, be sure to send it 2-3 days before Camp begins and address it to the following:

Camp Fleischmann – c/o Chinatown YMCA  
General Delivery  
Chester, CA 96020

On behalf of the volunteers and staff at the Y, we are ecstatic that your child will be a camper at Residence Camp and are looking forward to making this week a memorable outdoor experience. For any questions or concerns, please call me at (415) 748-3546 or e-mail dhung@ymcasf.org.

Sincerely,

Denise Hung  
Camp and Teens Director  
Chinatown YMCA
YMCA Camper Health History Form

Camper Name: ____________________________ Birth Date: ___________ Age: _____ Gender: _____

Street Address: __________________________ City: ___________ State: ______ Zip Code: __________

Name of Parent/Guardian: __________________________ Phone (H): ___________ (W): ___________

Alternate/Emergency Contact: __________________________ Emergency Phone: ___________

Family Physician: __________________________ Phone: ___________ Date of last Physical Exam: __________

Family Dentist: __________________________ Phone: __________

Medical Insurance Carrier: __________________________ Policy and/or Group #: __________ Blood Type: ______

**Medical Information Past or Present** (please check all that apply):

- Asthma __Yes__ No
- Heart Defect/Disease __Yes__ No
- Diabetes __Yes__ No
- Measles __Yes__ No
- Recent Hospitalization __Yes__ No
- ADD/ADHD __Yes__ No
- Seizures __Yes__ No
- German Measles __Yes__ No
- Appendicitis __Yes__ No
- Tuberculosis __Yes__ No
- Tonsillectomy __Yes__ No
- Other Diseases or Conditions? __Yes__ No
- Bedwetting __Yes__ No
- Sleepwalking __Yes__ No
- Currently Under Dr.’s care __Yes__ No

For each __Yes, please explain:

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*Note: A Doctor’s written authorization is required every year if the camper has a history of asthma, heart defect/disease, seizures, diabetes, has been recently hospitalized, or is currently under a doctor’s care.*

**Allergies:**

- Hay Fever __Yes__ No
- Bee Stings __Yes__ No
- Poison Ivy/Oak __Yes__ No
- Penicillin __Yes__ No
- Bee Sting Kit __Yes__ No
- Other Drugs __Yes__ No
- Foods __Yes__ No
- Other Insects or Animals __Yes__ No
- Any other Allergies? __Yes__ No

For each __Yes, please explain:

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Current Medications to be continued at camp (dosage/frequency):

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Dietary Restrictions? __No__ __Yes__

Has your camper ever been stung by a bee? _____No _____Yes

Any reason to restrict full activities including swimming, longs hikes, or strenuous physical activities? __No__ __Yes__

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Non-Prescription Medication: I authorize the following medication to be administered as needed:

- Tylenol __Yes__ No
- Chloraseptic __Yes__ No
- Susceris __Yes__ No
- Cough Drops __Yes__ No
- Pepto Bismol __Yes__ No
- Cough Syrup __Yes__ No
- Ibuprofen __Yes__ No
- Benadryl __Yes__ No

Immunization History: MANDATORY – Please provide the dates of your child’s immunization program.

- Tetanus ________
- Polio ________
- Diphtheria ________

- Pertussis ________
- Mumps ________
- Measles ________

- Rubella ________
- Other ________

I approve this application and certify that the applicants are capable of such an experience.

Parents/Guardian Signature: __________________________ Date: __________
YMCA of San Francisco  
Code of Conduct

Personal Safety
YMCA youth and teen programs are designed to provide safe enriching opportunities for young people in a variety of settings. The YMCA attempts to build a safe environment with “ground rules” that always include character values honesty, respect, responsibility, and caring. Every person has the right to feel emotionally and physically safe while participating in programs.

A high level of positive conduct is expected of all participants. Both youth and adults shall observe the Code of Conduct. There is no double standard.

Basic philosophy of responsible conduct

Each person is responsible for one’s own behavior.

Participants will act responsibly to ensure that their own attitude is beneficial not only to themselves and their fellow participants, but also to ensure the continuation of YMCA teen programs.

Those who decide to be present when the violation occurs shall, by their own choice, be considered a participant in the violation. There are no innocent bystanders.

Infraction of the following code of conduct can result in expulsion from YMCA Programs and Facility

To ensure a safe environment, youth and adults must:

Treat all persons in and around program with mutual respect and without discrimination based on gender, sexual orientation, size, shape, religion, culture, socioeconomic differences. There is no tolerance for bullying.

Be a responsible ally to all those in and around program who may be experiencing discrimination.

Staff will keep conversations in confidence unless person(s) are in danger of harming themselves or others or is reporting an incident of physical, sexual, or emotional abuse.

Any act of vandalism, theft, destruction of property, or misuse of a facility may be an infraction and will be treated as such. Intimate sexual behaviors are not allowed. This includes inappropriate and uninvited physical contact between any participants, staff members, or guests.

Possession, consumption, and or under the influence of alcoholic beverages and illegal drugs are strictly prohibited.

Smoking and/or the use of any tobacco products is not permitted.

Weapons of any kind and items that could cause injury or damage to participants and our property are strictly forbidden.

Activities that endanger the health and safety of yourself or others are unacceptable.

Strive to be examples to peers and community in core values of honesty, respect, responsibility, and caring.

Entrance to the facility is prohibited before 3:00pm during school days.

In the case of a serious incident involving youth participation in Sex, Smoking, Drugs, Alcohol (SSAD RULE) or acts that endanger the health and safety of the participants, Parents/Guardians will be expected to pick me up, or to pay for my transportation home, and no fee refund will be issued. All expenses and arrangements related to any disciplinary action are the sole responsibility of the participant’s family.

I have read and agree to abide by the conditions of the Code of Conduct.

Participant’s Printed Name  Date  Parent/Guardian Printed Name  Date

Participant’s Signature  Date  Parent/Guardian Signature  Date
The Chinatown YMCA Resident Camp program includes a riflery component. Youth are taught gun safety and techniques for target shooting by veteran staff who are trained in proper procedures for safe instruction. Parent consent is required for every child to participate in this component. If you do not wish your child to participate, there will be alternative activities available.

華埠青年會夏令營包括射擊活動。青少年將接受由資深專業人員提供的安全知識和射擊技巧。這項活動必需得到家長同意才可參加。如果您不希望貴子弟參加，我們將另行安排其它活動。

☐ I authorize my child to participate in the riflery component of the Chinatown YMCA Resident Camp Program.

本人同意敝子弟參加華埠青年會夏令營中的射擊活動。

☐ I DO NOT authorize my child to participate in the riflery component of the Chinatown YMCA Resident Camp Program.

本人不同意敝子弟參加華埠青年會夏令營中的射擊活動。

____________________________________________   ______________________________________________________________
Participant’s Name 參加者姓名   Parent/Guardian Signature 家長 /監護人簽署

Consent to Furnish Firearms to a Minor

(Note this form is necessary if a scout is to use a rifle at the Camp Rifle Range)

The undersigned, after having carefully read and understood the following section 12552 of the California Penal Code: “Every person who furnishes any firearm, air gun, or gas operated gun designed to fire a bullet, pellet, or metal projectile, to any minor under the age of 18 years, without the express or implied permission of the parent or legal guardian of the minor is guilty of a misdemeanor.”

... does hereby with full knowledge of the above statute expressly grant permission to the Nevada Area Council, Boy Scouts of America, and it employees, agents, or representatives, to furnish to the below-mentioned minor a firearm, air gun, or gas powered gun of the nature and type described in the above quoted section 12552 and may use same during time said minor is at Camp Fleischmann.

____________________________________________
Name of Minor

This authorization shall remain effective unless revoked in writing delivered to the Boy Scouts of America

____________________________________________   ______________________________
Signature of Legally Responsible Adult   Date
CAMP CHECKLIST 宿營攜帶物品清單

Please do not bring new clothes to camp. Apparel, especially shoes, should be broken in prior to camp. Loose fitting, comfortable clothes are best. Use this list as a guide but keep in mind that storage space is limited. Campers will need to bring a bag lunch for the trip up to camp and have it with them as they board the bus.

不需要帶全新的衣服。服裝上的選擇,特別是鞋子,應該以舊的為主。衣服以寛鬆和舒適為佳。使用此列表為宿營攜帶物品的指引,但請留意存儲的空間有限。出發去營地時,宿營者應該在上車時就已經準備好當日的午餐。

Due to the number of campers and equipment, each camper is allowed to bring a maximum of:

1) framepack /large duffel bag 登山背囊 /大行李袋
2) sleeping bag 睡袋
3) small carry-on duffel or daypack 小型的隨行行李袋

**PACK ONLY WHAT YOUR CHILD CAN CARRY 請只攜帶小孩能背負的物品和裝備**

Equipment 裝備

<table>
<thead>
<tr>
<th>Required 必需品</th>
</tr>
</thead>
<tbody>
<tr>
<td>sleeping bag with stuff sack 有收納袋的睡袋</td>
</tr>
<tr>
<td>sleeping pad 睡墊</td>
</tr>
<tr>
<td>flashlight with new batteries 裝上新電池的手電筒</td>
</tr>
<tr>
<td>one large mouth water bottle 大的水壺</td>
</tr>
<tr>
<td>eating utensils 餐具</td>
</tr>
<tr>
<td>plastic or metal cup (sierra cup) 塑膠或金屬杯子 (登山杯)</td>
</tr>
<tr>
<td>plastic plate 塑料盤</td>
</tr>
</tbody>
</table>

Recommended 建議準備

| extra batteries and bulb 備用電池和燈泡 |

Clothing 衣物

<table>
<thead>
<tr>
<th>Required 必需品</th>
</tr>
</thead>
<tbody>
<tr>
<td>at least 5 sets of underwear 至少 5 套內衣</td>
</tr>
<tr>
<td>at least 5 pairs of sport socks 至少 5 雙運動短襪</td>
</tr>
<tr>
<td>2 pairs of long pants (jeans) 兩件長褲 (牛仔褲)</td>
</tr>
<tr>
<td>5 t-shirts 5 件 T恤</td>
</tr>
<tr>
<td>1 rain jacket or poncho 1件雨衣或雨披</td>
</tr>
<tr>
<td>1 swim suit 1件泳衣</td>
</tr>
<tr>
<td>2 pairs of shorts 2 件短褲</td>
</tr>
<tr>
<td>1 pair of sturdy broken-in shoes (preferably hiking boots) 1 雙舒適的鞋子 (最好是登山鞋)</td>
</tr>
<tr>
<td>1 sweater or sweatshirt 1件毛衣或運動衫</td>
</tr>
<tr>
<td>1 cap or visor 1頂帽子或遮陽帽</td>
</tr>
</tbody>
</table>

Recommended 建議準備

| 1 pair of sandals 1雙涼鞋 |
| 1 pair of hiking socks 1雙登山襪 |
| 1 pair of sweatpants 1件運動褲 |
| 2 tank tops or 2 extra t-shirts 2 件背心或2件額外的T恤 |
| 1 long sleeve shirt 1件長袖T恤 |
| 1 warm jacket 1件保暖外套 |

Personal Items 個人物品

<table>
<thead>
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<th>Required 必需品</th>
</tr>
</thead>
<tbody>
<tr>
<td>toothbrush &amp; toothpaste 牙刷 &amp; 牙膏</td>
</tr>
<tr>
<td>soap (preferably liquid soap) 肥皂 (最好是沐浴乳)</td>
</tr>
<tr>
<td>shampoo 洗髮精</td>
</tr>
<tr>
<td>2 medium weight bath towels 2 條普通大小的浴巾</td>
</tr>
<tr>
<td>sunscreen or sunblock 防曬乳</td>
</tr>
<tr>
<td>3 safety pins 3 個安全別針</td>
</tr>
</tbody>
</table>

Recommended 建議準備

| insect repellent 防蟲劑 |
| nail clipper 指甲剪 |
| personal medications 個人藥品 |
| 1 face towel 1條毛巾 |
| lip balm 護唇膏 |

Optional Items 選擇性攜帶物品

| musical instrument 樂器 |
| camera 相機 |
| book 書 |
| watch 手錶 |
| Y Rag (older campers) Y 露營布 (過去的露營者) |

DO NOT BRING 不用攜帶的物品

**guns, knives or weapons of any sort 槍、刀或任何種類的武器**

**cell phones, radios, CD players, MP3 players, I-Pods 手機、收音機、CD 放播器、MP3 放播器、I-Pods**

**electronic games or devices 電子遊戲機或設備**

**curling irons, hair dryers 捲髮器、吹風機**

**bad attitudes 壞態度**
CONCUSSION Information Sheet

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?
A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?
Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches
- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can’t recall events prior to or after a hit or fall.

Symptoms Reported by Children and Teens
- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not “feeling right,” or “feeling down.”

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no “concussion-proof” helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren’t serious or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that it’s better to miss one game than the whole season.

To learn more, go to www.cdc.gov/HEADSUP
I acknowledge receipt of the concussion and head injury information sheet, and I agree to discuss the risks of concussion and head injury with my child/children.

______________________________ Parent/Guardian Signature