



Bear Valley Y Camp

Welcome to Summer Family Camp

Dear Family Camp Participant,

Thank you for registering for Family Camp at Bear Valley Y Camp!

We are excited that you have chosen our program for your family's camping experience and are looking forward to spending a few days with you!

The Family Camp schedule is designed to offer your family time to relax and enjoy our beautiful High Sierra forest while also giving you the opportunity to make new friends. We sincerely hope you will take opportunities with your family to try new things and meet new people. To ensure you are well prepared for camp, we ask that you thoroughly review this packet and keep it handy for reference. If you have any questions about the program, feel free to contact me at mgray@ymcasuperiorcal.org.

Again, thank you for choosing to participate in Family Camp at Bear Valley Y Camp. We look forward to a fun, safe and enjoyable weekend with you!

In the spirit of camp,

Milo Gray

aka Rascal

Bear Valley Camp Director





Bear Valley Y Camp

Family Camp Packing List

WHAT TO BRING:

Each member of your family will need these items:

- ☐ Sleeping bag or bedding
- ☐ Pillow
- ☐ Toiletries (soap, shampoo, toothbrush, etc.)
- ☐ Towel
- ☐ Hat and/or Sunglasses
- ☐ All weather clothing — mornings and evenings can be brisk
- ☐ Closed-toe shoes (sneakers, boots, etc.)— required. We have rattlesnakes!
- ☐ Water bottle
- ☐ Sleep wear
- ☐ Bathing suit (for creek and/or lake nearby)
- ☐ Flashlight
- ☐ Personal medication and/or vitamins
- ☐ White cotton item for tie dye
- ☐ Water shoes
- ☐ Hand Sanitizer
- ☐ Your own Clorox Wipes

Other recommended items:

- ☐ Sunscreen
- ☐ Bug repellant — mosquitos have been fairly active lately
- ☐ Ear plugs (snoring happens)
- ☐ Musical Instruments
- ☐ Cards & Games
- ☐ Special equipment for small children (booster chairs, toys, etc.)
- ☐ Camera
- ☐ Reading Materials
- ☐ Personal Equipment (binoculars, camp chairs, etc.)
- ☐ Camp Store Money
- ☐ Extra Blanket

WHAT NOT TO BRING:

Please refrain from bringing these items to camp: Pets / Alcohol / Weapons / Irreplaceable items — use discretion



Bear Valley Y Camp

Important Information — Summer Family Camp

Mission and Philosophy: We are committed to providing a complete experience for the entire family. Our program encourages growth of values and skills in each individual camper, as well as building community through relationships at camp. One of the core concepts we work with is the idea of creating a “safe place” where the outdoors are accessible to all. Bear Valley Y Camp is a setting that is physically safe and free from danger; is emotionally safe and free from the harm of racial and cultural intolerance; and spiritually safe, where everyone is free to explore their spirituality without fear of embarrassment or harassment.

Arrival: Check-in is between 4–6pm on Friday. Of course, if you need to arrive later, just let us know.

Departure: Check-out is by noon. Breakfast will be the last meal provided.

Health at camp: For the health of all campers, we cannot allow campers with the following symptoms:

- Fever with chills
- Shortness of breath / difficulty breathing
- Muscle or body aches
- New loss of taste or smell
- Congestion or runny nose
- Diarrhea
- Cough
- Fatigue
- Headache
- Sore throat
- Nausea or vomiting

Parking: When you arrive to camp, you will be able to drive close to your cabin to unload your belongings. Afterwards, families located in cabins may park in the parking lot near the dumpsters and families located in tents may park near their tent or in the parking lot.

Supervision: You are responsible for the supervision of your children. Children under 7 will need to be with an adult from their group at all times, older children are allowed to move from activity to activity on their own; however, we recommend that they travel with a buddy. An adult **MUST** be present on the archery field and at the creek. There will **NOT** be a lifeguard present at the creek or lake. Please remember that some specific activities are scheduled at a designated time while others are drop in.

Health Care at Camp: Basic First Aid supplies and services will be available in camp. Contact camp staff if you have any first aid needs. Camp Staff are trained in CPR/First Aid/AED and can address minor medical needs. In case of serious accident or injury, local Emergency Medical Services will be utilized or you may go to the closest hospital. We will place hand sanitizer in strategic locations around camp. We highly encourage you to bring your own hand sanitizer and use it frequently. We also highly encourage you to thoroughly wash your hands routinely. YMCA staff also have their own specific requirements that we will follow.

Smoking/Alcohol/Drugs/Weapons: In keeping with the theme of the weekend, as well as the mission of the YMCA, we do not allow alcohol, drugs, or weapons at camp. We strongly discourage smoking/vaping at camp, and if you must smoke/vape, you will need to do so in the designated smoking area. In addition, due to the fire danger at camp, we will follow fire department guidelines for campfires. This means a campfire cannot be guaranteed at camp (but we will do our best!).

We plan on preparing meals from Friday night through Sunday morning and will have the menu posted. If you're not interested in a meal, you can grab food at several locations around Grass Valley and Nevada City. Upon check-in you will receive your cabin assignment and schedule.



Bear Valley Y Camp

Important Information — Summer Family Camp

Cabins/Sleeping Arrangements: Cabins have bunk-bed style beds. Our cabins have between 8-10 beds each. Cabins have electricity and fans. Please note: You will need to bring your own linens. We recommend a sheet to be placed over the mattress and then a sleeping bag on top. You can refer to the packing list for further details.

Bathhouses: Each bathhouse has two sides, a male identifying side and female identifying side. Each side contains 3-4 showers, 3-4 sinks, and 3-4 toilets. Bathhouses will be cleaned prior to arrival and throughout your stay. In addition, we ask each family help us maintain a clean environment in the bathhouses.

Meals: We provide balanced, nutritious meals at Bear Valley Y Camp. If you have any food allergies or dietary needs (i.e. vegetarian/vegan), please email mgray@ymcasuperiorcal.org. If you've already let us know about your dietary needs, we have you covered. Food will be served buffet style. Just come to the dining hall and make your way through the line. Your family is free to eat inside the dining hall or picnic anywhere on our grounds (please avoid eating in cabins as it does attract furry critters). We will provide coffee in the morning during breakfast. That's your time to stock up. You are also welcome to head into town to eat at one of our local restaurants or coffee shop. If you plan to do this, let us know in advance so we can change our meal prep plans. Here is a quick list:

- Three Forks Bakery & Brewing Co. — farm-to-table serving wood-fired pizza & house-brewed beer.
- Taqueria El Gaban — they have awesome Mexican food
- BriarPatch Food Co-Op— funky, organic grocery store with made-to-order food court

Activities: We post our schedule near the dining hall. Drop in activities will include Archery, Tie Dye (bring your own white cotton item), scavenger hunts around camp, and the creek also known as the "crick". In addition, we will have our Arts and Crafts area, volleyball court, horseshoe pit, lawn games and sports equipment for your use throughout the weekend.

As always, you are welcome to enjoy the Bear Valley Y Camp "crick" located a short walk away or Lake Spaulding just down the road (no YMCA lifeguard will be present at the creek or lake). Our main trail at camp connects to the Sierra Discovery Trail and we are happy to point out the trailhead to you. We also encourage you to check out our Lake Fuller, Lake Spaulding and Emerald Pools.

Camp Store: A limited amount of camp t-shirts & souvenirs will be available for purchase. We take cash, or can charge to the card we have on file when you made your registration.

Weather: Summer and Fall at Bear Valley Y Camp are typically warm. Days may be hot and sunny but mornings and evenings can be chilly. We recommend you bring clothing to layer.

Thank you for registering for Family Camp this year and we'll see you soon!



YMCA of Superior California- Bear Valley Y Camp

Member/Children Release and Waiver of Liability and Indemnity Agreement

IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA (or for my children to so participate) for any purpose, including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgment that such premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE INCLUDING, BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY OFF-SITE PROGRAM AFFILIATED WITH THE YMCA, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

1. THE UNDERSIGNED ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the YMCA and all branches thereof, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefor on account of injury to the person or property or resulting in death of the undersigned or such children whether caused by the negligence of the releasees or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any, loss, liability, damage or cost they may, incur due to the presence of the undersigned or such children in, upon or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releasees or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releasees or otherwise while in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect. THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made. I HAVE READ AND UNDERSTAND THIS DOCUMENT AND RELEASE.

Date: _____ Signature of Applicant/Parent: _____
Signature of other Adult: _____
Child in Program: _____
Child in Program: _____
Child in Program: _____
Child in Program: _____