



# CAMP READINESS

## What Does it Take for a Camper to be Successful?

- Camper can ask for help and communicate what they need. This includes regulating emotions, boundaries, friendships, and handling conflict in an age-appropriate way.
- Camper can stay with their group and transition between activities, following directions from camp staff.
- Camper can explore outdoor nature areas that are not enclosed, including nature trails, areas with uneven terrain, and open fields.
- Camper can be responsible for their own personal hygiene without assistance, including: changing in and out of their wet bathing suit, using a port-a-potty, and hand washing.
- Camper can uphold the YMCA of Southern Maine's values by being: respectful, responsible, caring, honest, and inclusive.
  - o Respect other campers, counselors, and the camp area. Keeping hands to ourselves, listening to counselor directions
  - o Be responsible by cleaning up after themselves, keeping track of their belongings, keeping the camp space clean, and making safe choices
  - o Be caring to others by helping campers and counselors, listening to our camp guests
  - o Being honest about their actions, asking for help when they need it, and honoring their bodies if they are asking for rest or water
  - o Being inclusive by making new friends and inviting people to play, talking to a counselor if someone is being mistreated
- Camper can be away from technology for the entirety of the camp day.
- Camper can manage being in a group environment that can be loud and energetic.
- Camper can spend substantial time outside, including rainy weather.

## What Support Can Camp Staff Typically Provide?

- Camp staff can help campers navigate conflict and emotions.
- Camp staff can support camp transitions with 10-5-3-1 minute reminders and by following a routine.

## What Support Can Camp Not Safely Provide?

- Behavior and emotional support that requires camp staff to provide consistent one-on-one support of a camper.
- If your child receives one-on-one support at school, they will typically require a one-on-one aide at camp to be successful. Camp does not provide one-on-one support, but we can accommodate a DHHS approved aide if provided by the guardians. Please note that guardians are not permitted to be the child's one-on-one support at camp.

**If you are unsure if your child will be successful at camp after reading our Camper Readiness guidelines, please contact your Program Director.**