

YNOT Parent Get-Ready List for Summer

Hello Parents! At YNOT Outdoors, we've put this letter together so that everyone's on the same "wave-length" regarding what the kids and parents need to know about camp this year and how to prepare. These suggestions apply to all age groups. We look forward to meeting each of you and getting to know your kids. *-The Staff of YNOT Outdoors-*

Start Dates

Our first day of camp is Tuesday, May 31st at all locations. We will be doing orientation and introductions of staff to the kids, as well as getting to know the kids. We'll be doing bus safety exercises, talking with the kids about our basic rules and taking the first couple days, pretty easy and laid back. Orienting new kids along the summer will take place, as they start to join us.

Arrival and Drop-off Times

Plan on having your kids to us, between the slot of 7:30 am and 8:35 am each day. From 8:45 to 9am, we group the kids, load the gear and depart everyday at 9 am sharp. Those calling us at 9 am asking us to "hold up and wait" for them, are going to miss the bus....literally!



Sign-In & Sign-Out & Phone Numbers

YNOT requires daily sign-in and sign-out of your child's attendance. This takes place inside the building and you'll find your child's name on a sheet in alphabetical order.

Daily Schedule

Our schedule is fairly finalized and is normally online by May 25th behind the "Calendar" tab at www.ynotoutdoors.org. All weeks are action-packed....so don't wait to register for the calendar to come out.

Hotline

The schedule of events is subject (always) to inclement weather or other unforeseen things. Therefore, we thought it'd be a good idea to establish a "hotline" that'd be programmed with a recording from Day Director Joe Cascio, that would confirm an activity or let you know that it's been replaced with another one.

EXAMPLE: We are supposed to bike on a certain Wednesday but Tuesday night's forecast calls for 90% rain and 20 mph gusts. Unless your kid is an aspiring Navy Seal candidate, we'll elect to do something else and we think you'll want to know this in advance, to avoid needing to haul their bike to us. Due to weather and other unforeseen things, we host a "hotline," which will take precedent over the online and paper schedule, at the last minute when weather or acts of mechanical failure preclude us from doing what we had originally scheduled. The **HOTLINE** is **788-7757**. **Program it into your phone, now, and you'll have it, later.**

Phoning Into Camp

Although we travel with cell phones during the course of the day, please refrain from over-use. The days are very busy and conversations are tough to conduct. Communicate either at drop-off or pick-up, please. Day Director Joe Cascio's cell phone number is 217-416-0549.

What to Bring Daily and What Not to Bring

We feel there are *must-haves* as well as *optional items*.

Must-haves for everyone are:

1. **Light Backpack** – Well-marked with child's name in 3 inch letters or bigger.
2. **Sunscreen** – Girl counselors will be applying sunscreen to girl enrollees and boy counselors to boys. Parents have asked that we go ahead and apply because the littler ones can't be counted on to do this, themselves, or they over-apply it or get it in their eyes. The best SPF product still only carries 90 minute duration, so we will apply it every 90 minutes. This should protect them for the exposure that we may incur through the day. Write child's name on it, because they get left behind, on occasion.
3. **Lunches** – Everyone brings their lunch. How about a soft, insulated, collapsible lunch bag with your child's name in big, black marker on it? You can pretty much find these, anywhere for \$5 and they're about the size of a brown lunch bag. Most have a Velcro fold-over top and corded carry handle.
4. **Water-bottle** - Find one that will fit on your child's bicycle water-bottle holder. This way it fits a dual purpose. Don't spend a bunch of money. We find that, even with staff double-checking at each departure, kids will lose them, occasionally. Write child's name on it.
5. **Bug Spray or Lotion** – if we're in the woods we could encounter mosquitos.
6. **Helmets** – biking days require these. *See below.
7. **Did we say, write your child's name on everything?** Please do. Thanks!

Optional items are:

1. Book to read on the bus trips.
2. Hand-towel for wiping off an accidental spill or perspiration.
3. Spare T-shirt

Items we will not allow or take responsibility for, if it's broken, lost or claimed to have been stolen:

1. Any hand-held electronic device that hypnotizes kids and displaces normal, social interaction with others, such as phones, MP3 or media players, hand-held games, etc.
2. Collectibles of any sort such as the rubber-band wristlets, Pokemon cards (yes, showing my age!), etc

Footwear

Opinions vary on this. You're the parents and you make the ultimate call. However, consider what you'd want on your foot if it encountered a bike chain and sprocket, a hidden hole in the ground at a park, a sheet-metal screw that fell off a contractor's truck in a parking lot, an unnoticed poison-ivy leaf or some other item that flip-flops do not go well with. Swimming days are an exception to this. None of our host facilities allow shoes that will leave marks on their indoor basketball court. Their athlete training staff will enforce this and we will enforce this.



Biking Days

This is a great, low-impact, each-at-their-own-pace, exercise that the kids really like. However, they cannot be expected to service their own bicycles for safety and comfort in our rides....that is your department, Dad or

Mom...or **WheelFast** in Chatham or **Ace Bike** or **Springfield Cycle** or **Scheels** or somebody. Key areas we see that cause your child problems are:

1. Under-inflated tires – when their tires are under-inflated, kids’ become tired easily. Read the air-pressure rating on the tire and pump them up to match.
2. Seat height is too low – legs are powerful but under-utilized when they cannot extend to where they’re supposed to. Adjust to where bottom of pedal stroke gives a slight bend in the knee. We adjusted a lot of these up last year and it was like a new awakening for the kids. Take time to look ahead this year. You may have bought the bike when they were a certain size, but they’ve grown. Please have it adjusted, accordingly.
3. Handlebars in a tight and right position – You don’t want to hear about how your kid “biffed” it on the Lost Bridge Trail because her handlebars mysteriously fell forward.
4. Brakes – Contrary to some of the boys’ beliefs, they all need them!
5. Front fork & spindle – tight and straight.
6. Chain and rear tire - lubed and tight so that chain doesn’t slip off
7. Derailleurs – If your kid’s bike has speeds, this needs tuned-up. It’s the root cause of a lot of chains coming off and rendering the bikes useless, if it continues.
8. Water bottle holder – it’s amazing how beneficial a small amount of H₂O is with your kids when they’re a few miles down the trail. Our Counselors cannot be responsible for carrying water for your child. You send them with the bottle and we’ll fill them.

Helmets are mandatory and should be fit- adjusted on your child BEFORE camp starts. If we spend 15 seconds adjusting web-straps on each kid’s helmet, we’ll never get on the trail. Kid’s appearing with bikes but without helmets will not ride. As with everything, put your child’s name on it so we can tell which one belongs with which head!!

Swimming Days

Our primary swimming location will be Knight’s Recreation Center. Your full season pass (supplied by you or purchased, here, as an Add-On), will be necessary to get your child in. On these days, send them with suit, dry change of clothes and towel.



Behavior & Discipline - Proper Rest - The At-Home Environment

Safety and happiness are our #1 and #2 goals for your children. All enrollees are welcomed, based on the fact that they’re expected to be ladies and gentlemen upon arrival, and throughout the day with YNOT. It’s really amazing how much something as simple as enough hours of sleep makes a difference in camaraderie, behavior and alertness. The “golden rule” applies at YNOT, wherein you should treat each other as you would want to be treated. That’s pretty simple. If it always worked that way, we wouldn’t need a policy. Since it doesn’t always work that way, we do. Other than kids being just kids, persistent rebellious or unwarranted behavior, injurious behavior and inappropriate contact, all demand a different response. YNOT employs a 3-strike program that documents the child’s actions, so we can discuss it and work away from it. YNOT believes in accountability, both for our staff’s action and for your child’s actions. As a parent, you are the biggest influence in this equation.

1. **Strike 1** – Child’s negative behavior is addressed by Counselor in a one-on-one discussion, with the goal of them working it out and it not occurring again. Day Director is made aware of incident and consulted with, regarding proper handling. It is recorded on the back of the Enrollment Form that

travels with the Day Director, daily. Parent is notified at end of the day. Occurrence is documented on the back of the Enrollment Form.

2. **Strike 2** – Child’s similar, negative behavior re-surfaces again. Counselor and Day Director confer with child separately from the group. Parent and Executive Director are notified and occurrence is documented on the back of the Enrollment Form. Parent or guardian is pre-warned of the possibility of YNOT asking the child to be removed from the program on the third occurrence.
3. **Strike 3** – Repetitious, negative behavior demands conference with child, the parent or guardian, the Day Director and Executive Director to discuss the observation and repercussions of the negative behavior. It is discretionary by the Executive Director and Day Director(s) as to whether the child stays or is asked to leave, permanently. Payment for the program, as established contractually on the YNOT Enrollment Form, will be due and payable for all weeks chosen, regardless of whether they were used, or not. This policy has been successfully utilized and will continue, to assure that the safety and good times of many are not ruined by a few.

Tax Statements

Tax statements will now be available in the parent portal, once we have it setup for you...probably around July of 2022.

Parent Ride-Alongs

Parents are always welcome to come along for the day...assuming we aren’t crowding youngsters on the bus. Please remember...we ask that you please pay your way (for pay events) and dress to play!

Thanks and we’ll see you, soon!