

YMCA CAMP TOCKWOGH LIT PROGRAM 2023



PROGRAM INFORMATION

PAPERWORK

- Online registration & Deposit
- Behavior Contract (electronic signature in registration)
- LIT Cell Phone Contract
- Vaccination Card upload (if vaccinated)
- Medication Administration Authorization (if taking any medication while at camp)

Please upload all paperwork and forms into your online CampWise account!

CHECK IN

Long Session 1: Sunday, June 25th 12:30PM–3PM at the Conference Center

Long Session 2: Sunday, July 23rd 12:30PM–3PM at the Conference Center

*LITs will receive a time slot in which they are to arrive at camp. You will be emailed this in the week prior to camp!

CHANGEOVER

LITs stay straight through their entire 4-week session, including the “changeover” between camper sessions. We recommend parents are not visit or take the child off camp (for dinner, lunch, etc.) during changeovers, unless in extenuating circumstances permit. Please call or email camp if this applies. Camp will arrange video calls home during changeover weekends if requested.

CHECK OUT

All LITs must check-out with their guardian or other authorized adult at the Conference Center before leaving camp at the end of the session. Parents may be asked to provide photo ID at pick up.

Long Session 1: Friday, July 21st at 3pm–5pm

Long Session 2: Friday, August 18th at 3pm–5pm

*If parents are unable to pick their LIT up at this time due to work, arrangements can be made for 6–7pm pick up.

CARS

LITs are permitted to drive themselves to and from camp. If doing so, they must leave their cars in the staff parking lot for the duration of their sessions and turn in all keys to the Administration Building. They are not permitted to drive at any point during their sessions. YMCA Camp Tockwogh is not responsible for any damages that may occur when vehicles are parked on camp property. Please email to let us know your child will be driving themselves.

CELL PHONES/ELECTRONICS

LIT participants may bring cell phones to camp but may only use them during specific allotted free time and may not leave the Conference Center with them. Secure storage will be provided. If used at inappropriate times the phone may be confiscated. If you are not comfortable with this policy, please leave your cell phone at home. We recommend leaving any other valuable electronics at home as well (laptops, tablets, etc.).

MEDICATIONS

LITs will be self-administering any routine medications taken while at camp and on their LIT camping trip. All medications must be checked-in with the wellness staff and have a Medication Authorization Form signed by a licensed physician. Medications will be kept in a secure location by staff and distribution will be supervised by a LIT director, wellness assistant, or camp nurse.

VISITORS

LITs are not recommended during the program as it can disrupt the camp day. If you would like to visit for special circumstances (birthday, etc.) please give us a call!

LUGGAGE CHECK

All bags will be searched upon arrival to camp. When packing, please leave out any contraband (e-cigs, vapes, drugs, alcohol, fireworks, weapons, medication, etc.). If you are not sure if you can have it at camp, please ask.

CAMP STORE/PURCHASES

LITs will be able to order from the camp store. Money may be added to their camp store account prior to arrival or at check-in. LITs will also design and order their own group t-shirts. The cost for this typically ranges from \$30-\$40. Payment can be taken from the camp store account, paid in cash, or charged to the credit card on file.

SOCIAL NETWORKING POLICY

If a LIT is on social media (Facebook, Snapchat, Instagram, Twitter, TikTok etc.), it is our hope that they will represent themselves in a positive light, and that they will represent the YMCA and Camp Tockwogh positively if they choose to mention their experiences here online. No camper should use the internet to defame, bully or otherwise harass another camper or staff member. LITs should not "friend" campers and staff or communicate online. Posting and/or tagging pictures of other campers/staff without their permission is also not permitted. If it is brought to our attention that your camper is doing these things, we will contact you and expect the inappropriate material be removed. We may deny entry into our programs due to inappropriate social media prior, during, or following camp programming. We highly recommend parents speak with their child about these expectations and help them set the security preferences on their profiles to ensure their online presence is only accessible to their friends and family.

LAUNDRY

LITs do not have access to any laundry facilities during their time at camp. They will receive a laundry service half way through the program, and it will take 1-2 days to receive their laundry back. This service is included in the program cost. Please make sure you bring enough clothes to last you the two weeks until laundry day. We recommend they bring a laundry bag to transport laundry easily. They may have their purple LIT shirts washed by their directors if needed.

PERSONAL PROPERTY

The camp is not responsible for any personal property brought to camp by LITs. It is suggested that you label all personal items.

DRINKING AND DRUGS

LITs are not permitted to possess or use any illegal or illicit drugs including but not limited to tobacco products, drugs and alcohol. See Behavior Contract Policy. LITs who violate these rules will be dismissed immediately. The local authorities may be notified of any LITs under the legal age involved in any of these situations.

RELATIONSHIPS

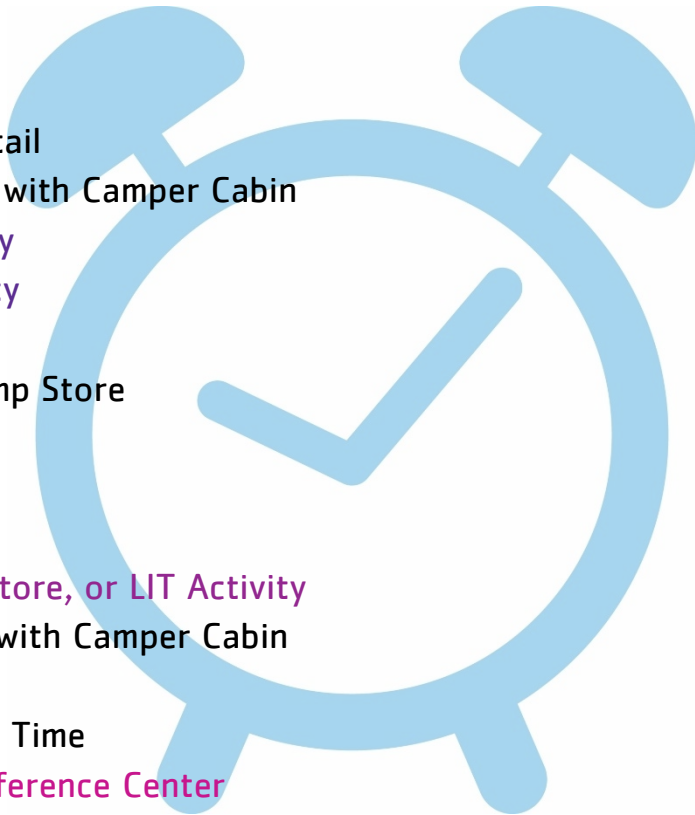
Romantic relationships should NOT be the focal point of your LIT/CIT experience. Sexual activity while a participant in this program is prohibited. Public displays of affection in front of staff, campers, or one another are not acceptable (see Code of Conduct). You may not engage in any type of romantic or physical relationship with any campers or staff members. This includes any type of romantic contact – holding hands, kissing, snuggling or sexual activity. Violation of this rule will result in dismissal from the program.

MAIL

LITs can receive mail at camp and will also help sort the mail during the session. Parent/friends can also register for the Bunk1 system to send emails. Any packages/letters can be sent to:

FULL NAME- LIT
YMCA Camp Tockwogh
24370 Still Pond Neck Rd
Worton, MD 21678

LIT DAILY SCHEDULE



7:30 AM	Wake Up
7:55 AM	Flag
8:00 AM	Breakfast
8:30 AM	Cabin/Village Detail
9:00AM	Morning Activity with Camper Cabin
10:15 AM	1 st Period Activity
11:15AM	2 nd Period Activity
12:30 PM	Lunch
1:00 PM	Rest Hour or Camp Store
2:30 PM	LEADERSHOP
5:25PM	Flag
5:30 PM	Dinner
6:00 PM	6 th Period Off, Store, or LIT Activity
7:00 PM	Evening Activity with Camper Cabin
8:00 PM	Shower Hour
9:00PM	Devotions/ Cabin Time
10:00PM	Free Time in Conference Center
12:00AM	Lights Out

*LITs will be assigned to a 1st and 2nd period activity on camp depending on their preference and interest. They will be able to assist with 2 or 3 different activities during their time at camp.

* LITs will be scheduled for 6th period, helping in the camp store, or doing Dining Hall clean-up depending on the day.

*10-12 free time is not every night, your director will let you know if it is a sleep-in

*During either the First week (Session 2) or Last week (Session 1) of the program, LITs will not be assigned to a camper cabin. They will spend this week on their camping trip, completing a service project, and have free time/LIT activities in the evening.

What is “Leadership”?

Each day, LITs will participate in Leadership Workshops- aka Leadershops! These will be led by the LIT directors and cover topics including leadership, personal growth, communication, teamwork, goal setting, and more. We don’t want these to feel like school – but they will be fun & educational!

Leadership will have an engaging format with small group activities, energizers, discussions, and reflections. Some will be designed to challenge you and get you outside your comfort zone and into the learning zone! It is important to come into these workshops with an open mind and ready to share and participate. LITs from past years say that these were the favorite part of their program!

LIT PACKING LIST

Clothing:

- 8-10 Pairs of Shorts
- 5-10 T-Shirts/Tank Tops***
- 2 Pairs of Long Pants
- 12-14 Pairs of Undergarments
- 8-10 Pairs of Socks
- 3-4 Pairs of Pajamas
- 2 Sweaters/Sweatshirts
- 1 WATERPROOF Jacket
- 2-5 Swimsuits
- 1-2 Hats
- 1-2 Nice Outfits (for closing dinner)

***5 LIT t-shirts will be provided for you to wear between Breakfast and Dinner for days you are in activities/working with kids. You can bring additional t-shirts to wear at night or on weekends.

Footwear:

- 2 Pairs of Sneakers/Tennis Shoes
- 2 Pairs of Flip-Flops/Sandals
- 1 Pair hiking boots or sturdy sneakers

Toiletries:

- Soap/Body Wash
- Shampoo/Conditioner
- Toothbrush and Toothpaste
- Deodorant
- 1 Hairbrush/Comb
- Bottle of Sunscreen
- Bottle of Insect Repellent

Linens:

- 1-2 Pillows
- 2 Sets of Sheets and Pillowcases
- 1-2 Blankets
- 1 Sleeping Bag*
- 2-3 Bath Towels
- 2-3 Beach Towels

Miscellaneous:

- Flashlight/Headlamp
- Batteries
- Water Bottle
- Day Pack
- Small Fan
- Pens/Pencils
- Sunglasses
- Laundry Bag

Optional:

- PFD (lifejacket!)
- Music/Musical Instrument
- Sporting Equipment/Shoes
- Costumes
- Games & Books
- Paper/Envelopes
- Stamps
- Camera
- Snacks (peanut free)

*Will need for LIT trip

THING TO LEAVE AT HOME

- Camp Tockwogh is a drug and alcohol-free site. No drugs, including tobacco and e-cigs/vapes, will be allowed on camp property (See Behavior Contract)
- We are also nut-free! Please do not bring any snacks, or have any snacks mailed to you that contain nuts.
- Do not bring any fireworks.
- As it is a child-friendly environment, we ask that you do not bring any weapons or anything that could be considered a weapon.
- Please leave any over-the-counter medications at home unless they are being checked into the Wellness Center. You will not be allowed to have them in your cabins, as this is a safety precaution required by the state.
- We strive to be unplugged at camp, so bring valuable personal electronics at your own discretion!

3-DAY HIKING TRIP!

A major highlight to the Camp Tockwogh LIT experience comes in the form of a 3-day, 2-night camping and hiking trip to Tuckahoe State Park. The trip will include mildly strenuous



DATES

Long Session 1: July 17-19

Long Session 2: July 26-28

TRIP PACKING LIST

Sleeping Bag

During the trip, you'll be sleeping outside in a tent, so it is important to bring a sleeping bag with you to camp!

Footwear

On this hiking trip, you'll be doing just that... hiking! And because the terrain can be difficult at times, you'll need to have the proper footwear to keep you safe and comfortable. Supportive sneakers or a very basic hiking boot with ankle support will do. Your shoes don't need to look shiny and new when you get to camp... however, they do need to be comfortable. Break them in so they conform to your feet!

Clothing

Clothing that is made with wicking material is best (Polypro, Under Armor, nylon, polyester, etc.) These materials will keep you dry when you sweat!

Water Bottle

You will need to stay hydrated while out on the trail. Please bring as least one reusable 1-litre bottle with you.

Day Pack

A small day pack/backpack is useful to carry anything you may need with you for the day (water, camera, snacks, etc.)

Spending Money

Tuckahoe State Park has a small camp store. Additionally, on the way to the trip, the bus may stop at Wawa (or a similar store) to pick up some snacks. If you would like to buy anything, you may bring a bit of spending money!

YEAR-ROUND PROGRAMMING

SERVICE WEEKEND

SAVE THE DATE! - March 31-April 2, 2023

As part of their program, LITs will be invited to camp for Service Weekend in April 2023. Permission slips and information will be sent out at a later date. This weekend is optional and free of cost!



Additionally, camp will host a reunion weekend in Fall 2023.

COVID-19 INFO

For Summer 2023, Camp Tockwogh may have COVID-19 policies and procedures in order to keep our program participants safe! The following policies are based off recommendations from the CDC, American Camping Association, and the State of Maryland. The current policies regarding COVID-19 for summer 2023 have not been decided. Information will be sent out at a later date, once we receive approval from our local health department.

Vaccinations

With COVID vaccines available to those 16+, we encourage all eligible program participants to be vaccinated. While it is not required for participation, this will ensure another layer of safety in our program. Vaccination cards can be uploaded into CampWise at any time!

COVID Testing

In the 24 hours prior to arriving at camp, we may require a negative COVID test. Details will be released at a later date.

More information on our COVID procedures will be released closer to the start of camp.

PROGRAM PARTICIPANT BEHAVIOR CONTRACT



Dear LIT/CIT Participant and Parent,

Possession or use of alcohol, tobacco, drugs, and/or weapons is strictly prohibited at YMCA Camp Tockwogh.

Participating in the Leadership program at Camp Tockwogh is an honor. It is a program that provides many privileges otherwise not given to camp participants. Additionally, it is a program that comes with increased responsibility. Serving as role-models for the rest of the camp population is a tall order to fill and should be taken very seriously. Nothing can be more detrimental to the camp community than having to ask a participant to leave due to use/possession of alcohol, tobacco, drugs and/or weapons during camp programming. Additionally, it is a terrible way to end your camp legacy.

By signing below, I agree to not participate in the use of any drugs, alcohol, tobacco and/or weapons during YMCA Camp Tockwogh programming. I agree to not bring any of these things to camp with me. I also agree to the LIT/CIT participant luggage search policy:

Upon their arrival at camp, we will inspect the contents of the luggage of our LIT and CIT program participants. Any illegal or inappropriate items (cigarettes, alcohol, drugs, etc.) will be taken by our staff. Beyond that, each camper's situation will be considered and evaluated on a case by case basis and may result in a variety of consequences ranging from a discussion with the Program and/or Executive Director(s) to dismissal from the program. This process will be repeated after changeover between your child's 2 sessions. If, after these searches are conducted, your child is found with any illegal or inappropriate items, they will be immediately dismissed from the program.

**Thank you for your
electronic signature!**

LIT Cell Phone Contract

Camp Tockwogh strives to be an “unplugged” camp for all our campers. As LITs, you are given the privilege (and responsibility!) of being able to bring your phones to camp. We believe in the importance of building relationships, experiencing the outdoors, and disconnecting from technology while at camp.

By signing below, I agree to YMCA Camp Tockwogh’s cell phone policy:

- Phones will be kept in the Kitchen of the Conference Center and locked when LIT directors are not present
- LITs will have access to their phones during their time off from 1pm to 2pm every day and from 10pm to 12am on most nights
- During the hiking trip, phones will be locked in a box in the vans during program time. LITs will have access to them during free time.
- Additional access for certain events (such as last night dinner, photos before camp dance, changeover, etc.) will be on a case-by-case basis

We have the right to adjust these rules for any reason see fit. Failure to comply with the rules may result in a loss of free time or phones being taken away.

In case of any emergency or needed communication, LITs will have access to our office phones to be able to call home. If a parent/guardian needs to speak with an LIT, please call our office and we can arrange for them to call.

While we do our best to ensure the safety of the LIT’s belongings, camp policy states that Camp Tockwogh is not responsible to any lost or missing items. **If you are uncomfortable with leaving your phone in the Conference Center while you are not there, please leave you phone at home.**

LIT Printed Name: _____

Date: _____

LIT Signature: _____

Parent/Guardian Printed Name: _____

Parent Guardian Signature: _____

PLEASE UPLOAD ONTO CAMPWISE!



2023 LIT/CIT YMCA Camp Tockwogh Medication Administration Form

24370 Still Pond Neck Road, Worton, MD 21678 P:410-348-6000 F:410-348-6023

INSTRUCTIONS TO COMPLETE THIS FORM

- This form must be complete & legible. Please list one medicine per line, and use this same form for additional pages
- This form must be signed by the physician and parent/guardian for any/all medications listed on this form
- Medicine must be in the original container with complete pharmacy/package label which matches this order exactly (this includes topical solutions, birth control, inhalers, EpiPens)
- Medicine must be unexpired and checked into our wellness staff by a responsible adult
- Physician authorized "self-carry" or "self-administer" must be checked in by the parent AND the camper
- Camper must have taken the medication at this dosage prior to attending camp

CAMPER NAME: _____ DOB: _____ WEIGHT: _____

ALLERGIES: _____

DIAGNOSES: _____

****THIS ENTIRE SECTION NEEDS TO BE COMPLETED IN ORDER FOR THIS FORM TO BE VALID****

*****PHYSICIAN AUTHORIZATION FOR THE ABOVE MEDICATIONS FOR THE DURATION OF THE 2022 CAMP SEASON*****



PHYSICIAN SIGNATURE	TITLE	DATE
_____	_____	_____

PARENTAL CONSENT: I request certified youth camp staff to administer the medications as prescribed. I confirm that I have legal authority to consent to medical treatment for the child named above, including the administration of medication at the facility. I authorize camp personnel to communicate with the prescriber as allowed by HIPAA. I understand that an adult must pick up the medication or it will be discarded. I verify that the child has at some point taken the medication at this dosage prior to attending camp. And that I have read, verify, and consent to all of the above.



PARENT/GUARDIAN SIGNATURE	PARENT/GUARDIAN EMAIL ADDRESS
_____	_____

ROUTINE MEDICATIONS (SELF-ADMINISTER): PRESCRIPTION/OVER THE COUNTER MEDICATION TO

MEDICATION dose strength quantity route frequency time indication special instructions/known side effects

1. _____
2. _____
3. _____

Program Participants may "self-administer" routine medications with parent permission along with attestation from a licensed healthcare provided that the child had demonstrated knowledge and ability to safely and correctly take the medication as prescribed. The medication must be a current routine-use medication and must remain at the prescribed dose as printed on the prescription. These medications are not approved for self-carry (unless they are an emergency medication as described in the "self-carry" section) and will be kept in a secure location by staff until the camper is ready to dose. All medications will be self-administered under the supervision of designated camp staff.

Program Participants may "self-carry" medications for emergency use. Parent & physician signatures are required on this document to attest that they routinely carry it and are thoroughly trained regarding storage, symptoms, dosage, and technique of use administration; They understands that the medication must be on their person at all time (NO MEDICATIONS MAY BE LEFT IN THE CABIN) and agrees to notify wellness staff of any use

SELF-CARRY (SC) EMERGENCY MEDICATIONS: THIS INCLUDES EPINEPHRINE, INHALER, OR INSULIN ONLY

MEDICATION dose strength quantity route frequency time indication special instructions/known side effects

1. _____
2. _____
3. _____

TO BE GIVEN AS NEEDED (PRN): PRESCRIPTIONS/OVER THE COUNTER MEDICATION- camp provides routine over the counter for pain, rash, GI, allergy- see parent health form for description

MEDICATION dose strength quantity route frequency time indication special instructions/known side effects

1. _____
2. _____

PLEASE UPLOAD INTO CAMPWISE!