



**PARENT HANDBOOK**

# **YMCA CAMP TUMBLESON LAKE**

**JUNE - AUGUST 2025**

# WELCOME TO THE YMCA CAMP TUMBLESON LAKE FAMILY!

We are thrilled that you have chosen YMCA Camp Tumbleson Lake as your camper's destination for the 2025 summer season. Whether this is your camper's first year doing sleepaway camp or they are a longtime participant at YMCA overnight camps, we are eagerly anticipating their new and upcoming adventures. Camp is an opportunity to disconnect from the noise of the world and reconnect with themselves, others and nature in the Front Range.

Camp is needed now more than ever. We are proud to provide a safe and supportive environment that fosters connection and friendship through fun and engaging activities. We aim to create a culture where every camper belongs and feels like a part of our camp community. Camp is about escaping from the hustle and bustle of the everyday world and exploring new terrain, finding yourself again and, most important, to have fun! We dedicate ourselves to helping campers learn new skills, build independence and make new friends, culminating in an unforgettable summer experience. We look forward to seeing you at camp this summer and thank you for helping create a one-of-a-kind experience for your camper.

Happy Camping,

Shelby Sever  
Executive Director of Residential Camps





# ABOUT YMCA CAMP TUMBLESON LAKE

## Mission

YMCA Camp Tumbleson Lake provides a community where kids gain skills, become more independent, and learn to grow with others while having fun.

## YMCA Camp Tumbleson Lake Vision

- Get outside
- Build character through YMCA core values
- Foster friendships, new and old
- Have fun

## History

Welcome to the brand-new YMCA Camp Tumbleson Lake, a traditional lakeside day and overnight camp located on 330 acres near Ward, Colorado. For the past 18 years, the YMCA of Northern Colorado ran overnight camp experiences near Bailey, Colorado, that fostered resilience, confidence and a love for the outdoors. However, in 2024, the Y purchased its own camp property in Boulder County and has transformed it into YMCA Camp Tumbleson Lake. In 2024, the Y held day camps at YMCA Camp Tumbleson Lake, and in Summer 2025, we are thrilled to launch overnight camps at this picturesque lakeside mountain escape.

## PARENT HANDBOOK REFERENCE GUIDE

Page 3: Contact Us

Page 4: Getting Ready for Camp

Page 5–6: Health Forms & Medications

Page 8: Overnight Camp Check In & Out Information

Page 9–10: Overnight Camp Packing Lists

Page 11: Missing Home While at Camp

Page 12–14: Day Camp Information

Page 15: FAQs

Page 16–19: Camper Behavior Expectations

# CAMP IS OPEN FOR ALL. COME JOIN US.

## WHERE WE ARE

### Camp Address

173 County Rd 96  
Ward, CO 80481

### Lafayette YMCA Office (Winter)

2800 Dagny Way  
Lafayette, CO 80026

## HOW TO CONTACT US

### Email

[adminctl@ymcanoco.org](mailto:adminctl@ymcanoco.org)

Email us throughout the year.  
This is the best option for contacting  
us regarding registration questions  
and concerns.

### Camp Office Phone

303-459-1124

During camp season (June-  
August) this is the best way to  
contact us for urgent matters  
between 9am-8pm. You can also  
contact us here to talk to camp  
leadership about your camper's  
experience.

### Social Media

Instagram:

@ymcacamptumblesonlake

Facebook:

@CampTumblesonLake

Youtube:

@YMCAofNorthernColorado

### CAMP UNPLUGGED

At camp, we relish in disconnecting from technology  
and reconnecting with ourselves, friends and nature.  
We ask that campers do not bring cell phones to camp,  
along with any other electronics such as GoPros, music  
players, etc.

REGISTER ONLINE AND DOWNLOAD CAMP FORMS AT:

[ymcacamptumblesonlake.org](http://ymcacamptumblesonlake.org)





## GETTING READY FOR CAMP

Please follow the roadmap to Camp Tumbleson Lake. It is required that all paperwork is completed and signed two weeks prior to your camper's session. These are all available and should be filled out on Campdoc.

### STARTING SEPT 1

#### Registration

Select your program and dates and submit bunking requests. Follow us on Instagram and like us on Facebook.

### 1 MONTH BEFORE

#### Medical Paperwork Due

Colorado Department of Public Health & Environment approved Immunizations Records, General Health Appraisal from last 12 months, Medication Release Request (if needed) all signed by Health Care Provider. These are all available and should be filled out on Campdoc.

### 2 WEEKS BEFORE

#### Camp Specific Paperwork Due

Our new paperwork platform, CampDoc, is easy to navigate—and you can upload your forms here in addition to other online questions. Parents should plan and send any letters or care packages they want to send, or consider bringing them to check in. See General FAQs to learn more about sending mail.

### 1 WEEK BEFORE

#### Time to Pack

Find the appropriate Packing List for your camper below and get packing!

### SATURDAY BEFORE

#### Ready to Go

Double check your luggage, get a good night's sleep and prep to drive to CTL for drop-off at camp!

### DAY OF CAMP

#### Welcome to Camp!

We are so happy to have you.





# CAMPER HEALTH & WELLNESS

## HEALTH FORMS

Camper health forms should be submitted a month prior to your camper's arrival to meet Colorado's state licensing regulations. Campers cannot attend without meeting these requirements for their safety. Caregivers of campers will receive an email from CampDoc in March to fulfill all necessary paperwork requirements.

### REQUIRED HEALTH FORMS

1. General Health Appraisal from a physician, physician's assistant or nurse practitioner from the last 12 months.
2. Immunization Records signed by a healthcare provider (must be up to date) on [an approved Colorado Department of Public Health & Environment form](#), including for exemptions. Exemptions must be completed in full annually and signed by a healthcare provider.

### ADDITIONAL HEALTH FORMS

1. Medical Release Form (required for any routine prescription, over-the-counter medications or supplements) signed by a healthcare provider in the last 12 months. One form per medication, completed in full with medication name, dosage, route, time and frequency.
2. Emergency Anaphylaxis and Asthma Plan (required for campers with allergies and/or asthma).

## WELLNESS AT CAMP

Our health officer and on-site nurse are on site 24/7 to ensure campers are healthy and ready to participate. We use guidelines from the Colorado Department of Public Health & Environment, including "How Sick is Too Sick," to determine if campers can continue camp if they become ill.

Upon illness or injury, you will be contacted immediately, and your camper may need to be picked up if we do not have the resources to care for them and/or it is beyond our scope of care.

**Please plan accordingly and have emergency contacts in the area in case of this.**





## MEDICATIONS AT CAMP

Our medication regulations are required by the state of Colorado. If your camper's medication paperwork is incomplete or incorrect, your camper will not be able to take their medication. Medications include prescription medications, over-the-counter medications and supplements.

For more information about Day Camp medications, please find page 12.

### STORAGE

- Medications, including over-the-counter medications, nasal sprays and topical medicated lotions and ointments must be given directly to YMCA Camp Tumbleson Lake staff at check-in.
- At camp, medications are stored in locked cabinets in our Health Center.
- At no time should a child have their own medication in their possession or administer it to themselves. However, a camper may be authorized to self-carry lifesaving medication by a healthcare provider on their paperwork. In that case, the camper may carry an authorized inhaler or epinephrine injector as long as a back-up is provided and kept in the Health Center.

**PLEASE DOUBLE CHECK THAT MEDICATIONS ARE NOT EXPIRED, IN THEIR ORIGINAL CONTAINER AND LABELED WITH YOUR CAMPER'S FULL NAME.**

## EXPEDITIONS MEDICATIONS

For campers in the backcountry with routine and as needed medications, a staff member with a Medication Delegation certificate signed off by the camp nurse will distribute medications that are stored in a locked container that will remain in the possession of staff at all times.

## EMERGENCY MEDICAL SERVICES

YMCA Camp Tumbleson Lake is served by the local ambulance and fire personnel from the Ward area. For emergency medical services, our local urgent care and ER room is Boulder Medical Center. The nearest Level 1 Trauma Center is St. Anthony Hospital in Lakewood. The YMCA of Northern Colorado carries limited, secondary accident insurance coverage. Your family's policy is your child's primary insurance coverage during their stay at camp.

In the event that we must render emergency medical assistance to your child, your name will be listed as the responsible party. We will make every attempt to contact you and the emergency contacts on your child's health form prior to obtaining medical treatment from a medical center. If the need arises, it is important that someone be able to pick your child up and take them home.





# YMCA CAMP TUMBLESON LAKE PHILOSOPHIES

## CHALLENGE BY CHOICE

Campers are invited to participate voluntarily in each of the various activities and challenges at camp. A camper may choose to sit out of an activity or participate in an alternative way. This choice is respected by other campers and camp staff.

## CONSENT EDUCATION

At camp, everyone respects others' personal space, and campers are taught how to properly ask for consent when entering personal space of another camper.

# SAFETY, FUN, LEARNING

At YMCA Camp Tumbleson Lake, we prioritize safety, fun and learning in that order. YMCA Camp Tumbleson Lake is accredited by the American Camp Association and is inspected annually by the Colorado Department of Public Health & Environment to ensure that we meet the state licensing regulations for children's residential and outdoor adventure camps.







# CHECK-IN & CHECK-OUT

## CHECK-IN:

Check-In for overnight camp will be on Sundays at YMCA Camp Tumbleson Lake at 173 County Rd 96 near Ward. If you are unable to drop your camper off on-site, you must email the director team at [Max.Herber@ymcanoco.org](mailto:Max.Herber@ymcanoco.org) by April 18, 2025.

Check-in will begin Sundays at 1pm and end at 5pm. Oldest campers will check in first, and youngest campers will check in later. You will receive an email with your check-in time window in mid-April.

Check-in includes:

- Unit and tent assignments
- Camper mail drop-off
- Camper luggage drop-off
- Lice checks
- Medication check-in
- Family photograph
- Camp store

## CHECK-OUT:

Check-out for overnight camp will be on Fridays at YMCA Camp Tumbleson Lake. Check out will begin at 3pm and end at 6pm. You will receive an email with your check-out time window in mid-April.

If you need an early pick up, please email [Max.Herber@ymcanoco.org](mailto:Max.Herber@ymcanoco.org) with your camper's full name and session number no less than one week before your session begins.

You are required to pick your camper up on time from camp.



# WHAT TO BRING

## EXPLORERS AND TRADITIONAL OVERNIGHT CAMPS PACKING LIST

### CLOTHING

- Underwear + socks for each day
- 2x pants, comfy for hiking
- 2x shorts, comfy to move around in
- Warm sweater or pullover
- 5 shirts (1 non-cotton)\*
- 2x warm pajamas
- 1-2x bathing suits
- Sneakers
- "Camp shoes" (we encourage close-toed shoes, but campers may bring open-toed shoes with a back; no flip flops please)
- Shower shoes (flip flops or slides are okay)
- Hiking shoes if desired (should be broken in; campers can also bring sturdy sneakers for hiking)
- Hat with a brim and a warm hat for evenings

### TOILETRIES

- Bag or carrying case
- Soap, shampoo, conditioner
- Brush or comb
- Washcloth and 2x towels, one for shower and one for lake
- Toothbrush and toothpaste
- Deodorant if desired, not heavily scented preferred
- Sunscreen and insect repellent (no aerosol please)
- Menstrual products if needed
- Lip balm, moisturizer

### GEAR AND BEDDING

- Sunglasses
- 2x plastic or metal 1 liter water bottles
- Backpack/daypack
- Flashlight or headlamp with extra batteries
- Sleeping bag and a warm blanket
- Pillow, twin sized sheet, 1 small blanket
- If desired, letter writing materials and stamps
- If desired, disposable camera

### PLEASE DO NOT BRING

- Knives
- Weapons
- Fireworks
- Lighters or matches
- Drugs
- Alcohol
- Tobacco
- Electronics
- Money
- Expensive or valuable items

\*Because Explorers are only at camp 3 days, they will likely not need as much clothing. However, we ask you to provide enough clothing for each day as well as back-ups.





# WHAT TO BRING

## TEEN EXPEDITIONS CAMP (TEC) PACKING LIST

### CLOTHING

- Underwear for each day
- Socks (preferably not cotton, bring wool or synthetic socks)
- 3x pants, comfy for moving around in
- 3x shorts, long and comfy enough to move around in
- 2x warm sweaters (at least 1 not cotton)
- 4-5x non-cotton t-shirts and/or long sleeve shirts
- 2x warm base layers for sleeping
- 1x bathing suit
- Hiking shoes (should be broken in, not new)
- "Camp shoes" (we encourage close-toed shoes but campers may bring open-toed shoes with a back; no flip flops please)
- Rain jacket and rain pants
- Hat with a brim and a warm hat for evenings
- Buff or bandana if desired for sun protection
- Gloves, if desired for cool evenings

### TOILETRIES

- Bag or carrying case
- Soap, shampoo, conditioner
- Brush or comb
- Washcloth and towel
- Toothbrush and toothpaste
- Deodorant if desired, not heavily scented preferred
- Sunscreen and insect repellent (no aerosol please)
- Menstrual products if needed
- Lip balm with SPF preferred

### GEAR AND BEDDING

- Sunglasses
- 2x plastic or metal 1 liter water bottles
- Backpack/daypack
- Flashlight or headlamp with extra batteries
- 3-season sleeping bag with stuff sack
- Small pillow
- If desired, letter writing materials and stamps

### PLEASE DO NOT BRING

- Heavily scented products
- Knives
- Weapons
- Fireworks
- Lighters or matches
- Drugs
- Alcohol
- Tobacco
- Electronics
- Money
- Expensive or valuable items

### WE PROVIDE

- Quality, reliable backpacking packs
- Camp stoves
- Personal Flotation Devices
- Cooking-ware
- Ground pads
- Climbing gear
- Snacks





# A PARENT'S GUIDE TO MISSING HOME AT YMCA CAMP TUMBLESON LAKE

At YMCA Camp Tumbleson Lake, we strive to create a safe, fun, and welcoming environment for all campers. However, it's natural for some children to experience homesickness — or as we say at camp, missing home — especially if it's their first time away from home. Below, we provide helpful tips on how to prevent and address homesickness as well as ways to encourage your child's excitement for camp.

## BEFORE CAMP

1. **Attend Tumbleson Lake Events** – Bring your child to our open house and TumbleFun Days to familiarize them with camp surroundings, staff and activities. Seeing the camp firsthand can ease anxiety and build excitement.
2. **Practice Sleepovers** – Arrange overnight stays at friends' or relatives' houses to help your child get comfortable being away from home.
3. **Talk About Camp Positively** – Highlight the fun experiences, new friendships and exciting activities they'll get to enjoy while at camp.
4. **Involve Them in Preparations** – Let your child help pack their camp bag so they feel more in control and familiar with their belongings.
5. **Set Realistic Expectations** – Explain that it's normal to miss home but reassure them that they will have an amazing time and the feelings usually pass quickly.
6. **Connect with our Director Team** – Contact a member of our director team if you or your camper has any serious concerns ahead of camp.

## DURING CAMP

1. **Encourage Staying Busy** – Engaging in activities helps campers immerse themselves in fun rather than dwelling on missing home.
2. **Send Encouraging Letters** – Write letters that focus on their experience rather than emphasizing how much you miss them. Let them know how proud and excited you are of them for coming to camp. Letters can be given to camp staff on drop-off day.
3. **Comfort Objects** – Send your camper's comfort objects (blanket, toy, etc.) with them to camp.
4. **Avoid Promising an Early Pickup** – Promising that campers can go home whenever they choose can discourage them from fully engaging with the camp experience and could enable homesickness. Reassure them that they can do this!
5. **Trust the Counselors** – Our trained staff are skilled in helping children adjust to camp life. Encourage your child to talk to their counselor or camp staff if they're feeling sad or missing home.
6. **Give It Time** – Most campers feel better after a few days. Remind them that their feelings are temporary and that they'll soon be having too much fun to feel homesick!



## VISIT CAMP BEFORE YOUR SESSION:

- **Open House on June 1** – Bring your child to meet counselors, explore the units, tour Camp Tumbleson Lake, and get a feel for camp before their stay.
- **TumbleFun Days on June 14 and July 12** – These special family fun days showcase some of the best parts of camp, allowing kids to experience the joy of camp with their families and meet new friends.

At YMCA Camp Tumbleson Lake, we understand that homesickness happens— and we are here to guide you and your camper as they grow. With your support and encouragement, we know your camper will have an unforgettable summer!

# DAY CAMP AT YMCA CAMP TUMBLESON LAKE

YMCA Camp Tumbleson Lake Day Camp welcomes campers ages 7-12 years old. The information below is specific to our Day Camp programs. For all other information, including the cancellation policy, camper paperwork requirements, camper behavior policies and more, please visit the rest of the Parent Handbook.

## FOOD AT CAMP

All campers are required to eat breakfast before pick up and bring a packed, non-perishable, nut-free lunch each day. We do NOT provide day campers with lunch.

We provide morning and afternoon snacks. If your camper comes without lunch, a lunch will be provided; however, you will be charged a \$25 "no lunch fee," which is due when the child is picked up at the end of each day. The Department of Human Service Regulations requires that children have lunch available to them.

## MEDICATIONS AT CAMP

With parental permission, as-needed medications will be stored at camp. However, all lifesaving medications must be checked in and out each day. In CampDoc, our paperwork platform, parents must indicate their storage preferences.

All medications will be checked in to YMCA Camp Tumbleson Lake staff. Medications are required to be in original packaging inside a labeled Ziploc bag with the camper's name on it.

## ACTIVITIES

Day campers will move as a unit to each assigned activity and mealtime for the day. Within the Day Camp Unit, we may divide into smaller cohorts to accommodate activity limitations as necessary (i.e. climbing maximums).

Prior to each day camp session, you will receive a schedule via email for the week outlining planned activities for each day. Schedules are always subject to change based on weather conditions or program demands.







## DAY CAMP AT YMCA CAMP TUMBLESON LAKE

# CHECK-IN & CHECK-OUT

### CHECK-IN:

Check-In will begin 20 minutes before departure.

- 7:40am – Meet at the Lafayette Y for drop off.
- 8:00am – Depart Lafayette Y for Boulder Y.
- 8:20am – Meet at the Boulder Y for drop off.
- 8:40am – Depart Boulder Y for YMCA Camp Tumbleson Lake.

### CHECK-OUT:

- 4:30pm – Depart Camp Tumbleson Lake.
- 5:15pm – Arrive at Boulder Y.
- 5:45pm – Arrive at Lafayette Y.

All campers must be signed in and out by a listed authorized person who is at least 18 years of age. If you wish to add or delete someone to the list of authorized adults to sign your child in and out, please notify the Day Camp Director, Riley Riordan, via email at [Riley.Riordan@ymcanoco.org](mailto:Riley.Riordan@ymcanoco.org). Please also update this information on your CampDoc profile. All paperwork must be completed at least 2 weeks in advance. You cannot bring paper forms upon arrival. **All guardians will need to provide signature and proof of identity at pick-up.**

### LATE PICK UP:

We understand that emergencies do happen. However, we want to emphasize that picking up your child late creates significant challenges for us — causing safety, licensing and staffing issues. Please plan to pick up at the correct time each day, and if there is an emergency, we ask that you immediately communicate with our team. If you are late to pick up your child and you are not in communication with YMCA Camp Tumbleson Lake staff about delays, we are required by the state of Colorado to contact law enforcement.

Late pick up charges are as follows:  
for every 10 minutes, you will be charged \$10.

### TRANSPORTATION:

When transporting children, we employ only qualified, licensed drivers in accordance with Colorado State Law. Children are transported in YMCA vehicles that meet the Colorado School Bus Standards. While riding the bus, participants will always sit face forward with backs to the seat. Rollcall will be taken before departure of each location.

On the way to camp, counselors and chaperones will be riding the bus up and playing games, singing songs, and hyping the kids up on the way to camp! On the way down, our campers are very tired so we keep it lighter with engaging conversation and slower songs.



# WHAT TO BRING

## DAY CAMPS PACKING LIST

Day campers will need to be appropriately dressed for recreational activities. Appropriate outerwear to accommodate Colorado's ever-changing weather is crucial. Please bring layers! We never know when things may change in the mountains, so a sweater and a rain jacket are needed each day. Appropriate footwear is mandatory: Rubber-soled shoes that fully cover their feet, such as tennis shoes.

We will support your child in keeping track of their belongings; however, the YMCA is not responsible for damaged, lost or stolen items.

### THINGS TO BRING

- Full water bottle
- Jacket/sweatshirt
- Sunscreen (30spf +)
- Nutritious/non-perishable lunch
- Swimsuit and towel
- Close-toed/rubber-soled shoes
- Water shoe to wear to the waterfront
- Backpack to hold all belongings
- UVF shirt for lake days (optional)
- Hat with a brim is highly recommended

### THINGS TO LEAVE AT HOME

- Toys, games, money
- Electronic devices
- Soda, candy, energy drinks
- Expensive or valuable items
- Knives, weapons, fireworks, lighters or matches
- Drugs/alcohol/tobacco

## DAY & OVERNIGHT CAMP SAFETY POLICIES

### SUNSCREEN POLICY:

We are at a high elevation with extreme exposure to the sun. It is required to send at least 30SPF waterproof sunscreen with your child each day. For children who are especially vulnerable to sunburn, a UVF swim shirt is requested. If your child does not have sunscreen, they may be excluded from activities in the sun.

### ILLNESS POLICY:

If a camper arrives to YMCA Camp Tumbleson Lake ill or becomes ill in our care, our staff will call the parent/guardian to have their child picked up from the program. Per the Department of Health and Human Services: a child must be fever free and symptom free for 24 hours or have a signed doctor's authorization to return to the program. Should an emergency arise, we require that a parent or authorized adult respond within a half an hour of being contacted. We do not offer credits for missed days due to illness or any other absence.

### WATERFRONT POLICY:

Children are supervised by qualified Red Cross lifeguards when participating in any waterfront activities. All day campers will begin on our smaller water obstacle course.

## DAY CAMP CANCELLATIONS:

If a cancellation is needed before May 1, a full refund or credit can be issued to the camp family. The YMCA will retain the \$50 deposit. If a cancellation is needed after May 1, no refund may be issued but a 100% credit can be applied to the customer's account, valid for one calendar year. The YMCA will retain the deposit.

The YMCA may terminate/suspend a child's enrollment for any of the following reasons:

- Failure to adhere to Health and Human Services regulations and YMCA policies.
- Behavior by a child that poses a threat to the safety to themselves or others.
- Destruction to the property of the program, staff or peers.
- Behavior by a parent which is disrespectful to staff, children or community.
- Non-payment, late payment or return of payments by financial institution.

# GENERAL CAMP FAQ'S

## Can I send my camper with nut products?

Camp Tumbleson Lake is a strictly nut-free facility, meaning no peanut or tree nut products are served or permitted on site. Please do not send your camper with or mail your camper anything containing nuts.

## Where will my camper be sleeping?

In 2025, YMCA Camp Tumbleson Lake has three overnight camp neighborhoods, or units, that can fit up to 100 campers and more than 20 staff members. These units — Skye, Fortis and Frontier — are divided by age group. All overnight campers will call one of our brand-new glamping tents home for their session. Our 16 x 32-foot tents are on permanent platforms with a front patio-style sitting area, a door and two skylights, with a metal frame and a canvas roof and walls. Ten campers and two staff members will reside in each tent. While our camps and units are co-ed, our bunking is organized by gender. Two staff members of the same gender will also stay in the tents to provide supervision at night.

## What activities will my camper be doing?

Our activities will allow all campers to have an opportunity to participate in target sports, our water obstacle course, tie-dying, hiking and Leave No Trace, arts and crafts, gaga ball, top rope outdoor climbing (age dependent), mountain biking (age dependent), challenge course (age dependent) and waterfront (canoeing, stand-up paddleboarding, fishing and kayaking, depending on age). Campers will also participate in our special camp traditions such as opening and closing campfire, all-camp evening activities, bead ceremony, s'mores making, and Breakfast of Champions, a challenge-by-choice hike followed by a swim before a dance party and special breakfast on Fridays.

## When will the camp store be open?

The camp store has got something for everyone, from our signature hoodies to camp stickers to "Gummy" stuffed animals, the legendary toothless alligator that lives in our lake! Camp store funds can be placed online through our registration portal. Each camper will have an opportunity to visit the camp store once during the week with their cabin.

## Can I talk to my camper when they are at camp?

In general, we do not allow campers to call home. We uphold this policy because calling home tends to have a negative effect on the camper and prolongs missing home. If a camper experiences challenges that have a negative impact on them (this can range anywhere from a small cut to an argument with a friend), you will hear from us ASAP and we will discuss any future actions together.

## What kind of food will my camper eat?

Your camper will eat three balanced meals a day family style, with dietary options available. Snacks will be provided throughout the day.

## Can I mail my camper letters or a care package?

Letters to campers are welcome and encouraged. In order for campers to get the most from the camp experience, we ask that letters stay positive, uplifting and avoid topics that cause campers unnecessary stress. The only way to ensure delivery during a session is to drop off mail during check-in with a note specifying which days you want the letters delivered. This method is preferred. Please ensure your camper's full name and session number are on the letters. If you decide to mail letters to camp, we suggest doing that 2-3 weeks in advance. We cannot guarantee campers will receive anything shipped to camp. We ask that you do not send snacks to your campers while they are at camp; food cannot be kept in cabins due to wildlife concerns. We reserve the right to confiscate items from mail that impact the safety of other campers or staff.

## What kind of wildlife lives around camp?

There is a range of wildlife that may be encountered around the 300+ acres at camp. They include tiny critters, such as ticks and ants; small creatures like marmots and rabbits; and large "furry friends," such as black bears, moose and deer. Larger creatures do not tend to roam into our main camp, and our staff are trained to mitigate wildlife hazards.

## Does my camper need to bring their own climbing shoes?

If your camper has broken-in climbing shoes that fit well and they like, they are welcome to bring them. However, YMCA Camp Tumbleson Lake supplies climbing shoes in an array of sizes, in addition to top-of-the-line helmets and harnesses.

## Can my camper bring their own mountain bike?

YMCA Camp Tumbleson Lake offers mountain biking as indicated in many programs. Though we supply mountain bikes, campers may bring their own so long as they are in good condition, are properly maintained and are fit to your camper's height. Mountain bikes must be inspected and approved by our bike specialist upon arrival in order for kiddos to use them.

## What are your packs like?

We supply a variety of overnight packs varying from 40-70 liters, depending on your camper's height. They are adjustable and will be fit by trained staff to your camper's specifications.

## What helmets do you use?

Camp Tumbleson Lake follows the US CPSC standards of helmet requirements for specific activities. For mountain biking, helmets are ASTM F1952 and for rock climbing and wet exits in kayaks, they are either EN 12492 or Snell N-94. These are supplied and individually fit to campers.





## CAMPER BEHAVIOR POLICIES

### WHAT BEHAVIORS ARE NOT PERMITTED AT CAMP?

At YMCA Camp Tumbleson Lake, we maintain a consistent behavioral policy across all of our programs. On the first day of a session, all campers learn about the guidelines and rules of camp. Staff take time to let campers know the boundaries of acceptable behaviors. Then, each unit creates its own Community Contract with guidance from staff, allowing them to develop their own rules for how they treat each other during the session.

Our first priority is to maintain the safety of all campers and staff members at camp. **Zero tolerance behaviors at YMCA Camp Tumbleson Lake will result in the dismissal of a camper and include (but may not be limited to) the following.**

- Bullying (physical, psychological, emotional, etc.) including hate speech.
- Aggressive and inappropriate physical contact or contact.
- Possession of drugs and paraphernalia, alcohol, tobacco (including vapes), or weapons (including knives or other dangerous items).
- Endangerment to self or others
- Verbal threats to campers or staff.
- Running away at camp.
- Stealing.
- Destruction of property and other's belongings.
- Any behavior that violates the safety of others.

An important way to set your camper up for success is to set the expectations of appropriate behaviors prior to their arrival to camp. We encourage sharing these policies with your camper so they feel prepared. Please see page 19 for a camper behavioral contract that we strongly encourage families to complete with their camper prior to their arrival.

We also ask that you share any concerns that you may have about your camper's behavior with our Director team so we may support them. Please note that refunds will not be issued for campers asked to leave YMCA Camp Tumbleson Lake, and dismissal is at the complete discretion of the executive director.







## CAMPER BEHAVIOR POLICIES

### HOW DOES YMCA CAMP TUMBLESON LAKE PREVENT UNSAFE BEHAVIOR AND ENCOURAGE POSITIVE BEHAVIOR?

There are two main tools we use to prepare campers for a fun-filled week at camp.

1. The first one is through our programming itself and the extensive training that our staff members experience. All behaviors — whether they have a positive or negative impact — have underlying functions. We do practice mitigation in our programs by eliminating opportunities in our control for functions that produce undesirable behaviors. We believe that high quality programming that offers choice, competency and confidence is a major preventative tool and encourages positive outcomes. This means that our camp leadership stays on the cutting edge of national camp standards, utilizing a range of evidence-informed tools and resources that support the wellbeing of campers. From mealtimes to camp activities to camp traditions, you can expect these features across our different types of camps.
2. The second way we encourage preparation is through the support of the camper's family members before camp begins. Once your camper knows they are going to camp, it can be very helpful to lay out expectations — from camper behavior to what activities they will be doing to where they will be spending their time. This can look like conversations weeks in advance, sharing things you learn during our virtual office hours for camper families, and it can include visiting YMCA Camp Tumbleson Lake during our open house on June 1, 2025. The more your camper feels in control before a new experience, the more prepared and successful they will be!

If you have any specific concerns about camper behaviors — from past behavior issues to new challenges — we ask that you let our director team know ahead of time. This offers us an opportunity to explain our approaches in further detail, answer questions you may have and communicate any concerns you may have with our frontline summer staff who will be caring for your campers.





# CAMPER BEHAVIOR POLICIES

## HOW DOES CAMP HANDLE INSTANCES OF UNSAFE BEHAVIOR?

In the event that a camper exhibits a behavior that does not align with our behavior policies, the steps below guide our actions. Please note that if at any point, any behavior escalates into a zero-tolerance behavior, some of these steps may be streamlined and brought to the attention of the director team and camper's family immediately. All behavior issues are different and handled on a case-to-case basis by our director team.

All campers are required to have an emergency contact on file, who resides in the state of Colorado, to contact via phone.

## FOR UNSAFE BEHAVIORS, THE FOLLOWING STEPS WILL OCCUR:

### FIRST INSTANCE:

- A supervisor will be alerted and may provide immediate guidance and initiate a phone call home. This phone call aims to alert parents of the camper's behavior, the next steps, timeline and gain insight from parents.
- Staff members will immediately stop and identify the unsafe behavior with the camper(s), and the camper may be asked to step away from their current programming. The goal of this conversation is for the camper to understand why it is not tolerated and to prevent the behavior from reoccurring. The behavioral specialist will be looped in and advise as needed.
- After the conversation has concluded and expectations for future behavior has been set, the director team will share these with the camper's family.

### SECOND INSTANCE:

- All previous steps will be repeated as needed. Parents/guardians will be called.
- A Behavior Contract will be completed, if this has not yet been done, with the camper and staff members outlining the future expectations and consequences of positive versus unsafe behavior.
- An incident report documenting the behavior, conversations with both the camper and family members, and outcomes will be completed to have on file if necessary.
- The Behavioral Specialist will advise on the ongoing behavior issues.

### THIRD INSTANCE:

- When a camper's behavior has persisted and not improved, additional behaviors arise, behavior negatively impacts the experience of other campers or staff or is becoming dangerous to themselves or others, all previous steps will be repeated as needed, including contacting the camper's family.
- Additionally, the behavior specialist and the director team will formulate either a solution that may keep the camper in camp, or if this is not an option (at discretion of executive director), they will formulate a plan with the camper's family to plan pick up from camp for the remainder of the camp session.

# YMCA CAMP TUMBLESON LAKE BEHAVIORAL & SAFETY AGREEMENT

At YMCA Camp Tumbleson Lake, we are committed to providing a safe, inclusive, and positive environment for all. To ensure the safety and well-being of everyone, all participants must agree to the following behavioral and safety expectations. Upon arrival to camp, our staff will review rules with all campers. However, we encourage camper families to complete this with their camper prior to their session.

## COMMUNITY AGREEMENT AT CAMP:

As a camper at YMCA Camp Tumbleson Lake, I have talked to my parent or guardian about these rules, and I agree to them:

- **Respect for Others:** Bullying, physical or verbal harassment, or any form of intimidation is not allowed.
- **Weapons & Dangerous Items:** Possession of weapons, knives, or any dangerous objects is strictly forbidden.
- **Safety:** Engaging in any behavior that endangers oneself or others, including physical violence, is unacceptable.
- **Running Away:** Leaving camp boundaries or attempting to run away from camp is considered a serious safety violation.
- **Respect for Property:** Stealing, damaging, or destroying camp property or another person's belongings is not tolerated. This includes graffiti which is prohibited.
- **Compliance with Staff:** All campers must follow instructions given by camp staff to ensure a safe and enjoyable experience for all. Camp staff are responsible for keeping campers safe, and we must listen to them.
- **Prohibited Substances:** Possession or use of drugs, drug paraphernalia, alcohol, tobacco (including vapes), or any illegal substances is not allowed.
- **General Safety & Inclusion:** Any words or physical behavior that does not align with our values – Inclusion, Respect, Honesty, Caring, or Responsibility – is not okay, and we are all responsible for making camp a welcome space.

I understand that once I arrive at camp, we will review the rules that keep us safe, and if I am unsafe at camp, my family will be notified and I may have to go home.

CAMPER NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



# BE A CHAMP FOR CAMP

Each summer, thousands of children attend YMCA of Northern Colorado day camps and YMCA Camp Tumbleson Lake. For hundreds of campers, their summer experiences are only made possible because of donor-funded financial assistance. Camp gives them connection, activity, mentors, confidence, resilience and safe spaces while their parents work. It helps them prevent summer learning loss and gives them opportunities to have fun. Camp allows them to be kids.

Colorado is a state that boasts endless outdoor adventures. However, access to outdoor education and engagement with the natural world is often determined by economic status. At the Y, we believe all children deserve sunshine, alpine air, and time to create a relationship with the land and mountains they recreate on. We believe outdoor recreation should be a right — not a privilege — and we are looking for champions to help us ensure all kids experience a summer at camp.

## BE A CHAMP FOR CAMP. YOUR GIFT WILL CHANGE LIVES.

If you would like to contribute to support other youth who are less economically capable of participating in our programs, please visit [champforcamp.org](http://champforcamp.org).







## YMCA MEMBERSHIP OPPORTUNITIES

A YMCA membership is one of the best investments that you could possibly make for an individual or a family's well-being and fun. You will find programs for the whole family to participate in, making your experience with the YMCA inviting and satisfying. For more information, visit our website at [ymcanoco.org](http://ymcanoco.org).

### COME JOIN THE YMCA FAMILY!

The YMCA of Northern Colorado has fitness facilities in Boulder, Lafayette, Longmont, Johnstown and Cheyenne, WY. We also have programs throughout Boulder, Weld and Larimer counties.

