



# YMCA CAMP CULLEN

## Parent and Camper Handbook



460 Cullen Loop, Suite A  
Trinity, TX 75862  
936-594-2274  
[ymcacampcullen.org](http://ymcacampcullen.org)

## WELCOME!

Thank you for choosing YMCA Camp Cullen for your child's overnight camping experience. We know sending your child to camp is a big decision, and our number one priority is to provide a safe and fun camping experience for him/her. The YMCA has been serving children through camping programs since 1885 and YMCA Camp Cullen has hosted campers since 1974.

During these uncertain times, the trust you place in us to keep your child safe is felt even more keenly. We have designed a program, and set of safety precautions, through extensive consultation with American Camping Association standards, CDC guidance, and local licensing body approval. Your child's safety is our number 1 priority.

Our program is designed to give your child an incredible camp experience. We want your child to have fun, make friends, and grow through healthy challenges presented to them. By the end of their stay with us, we want your child to have taken steps towards being the very best version of themselves.

In this parent handbook, we have tried to answer the questions often asked of our camp staff. Please use it as a reference guide in preparing for your child to attend YMCA Camp Cullen this summer. By familiarizing yourself with the various topics, it will make the transition easier for you as well as your child. If you have further questions, please do not hesitate to ask.

On behalf of the team here at camp, and from myself, I thank you for choosing YMCA Camp Cullen, and look forward to an incredible summer experience with your child!

**Happy Camping,**

**Andrew "Mish" Hood**

**YMCA Camp Cullen**

**Executive Director**



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## YMCA CAMP CULLEN

is an overnight residential camp nestled among the tall pines on 530 acres along the shores of Lake Livingston in Trinity, Texas. It is a perfect place for campers of all ages to enjoy a camp experience, providing campers with a safe, value-centered and educational experience in an enriching, outdoor environment. YMCA Camp Cullen seeks to encourage the best in spirit, mind and body for all its programs.

## SPIRITUAL EMPHASIS

We welcome campers of all faiths. We make room for campers to explore their own spirituality through non-denominational songs, stories and graces at meals.

## OUR STAFF

YMCA Camp Cullen employs more than 60 staff for our 2021 summer camp program. Staff members complete an application process that includes state and national screenings, criminal background checks and pre-employment drug tests prior to being hired. All staff attend a two-week staff training where they will be trained in topics including:



- Safety and supervision policies
- Age-appropriate activities
- Transitional activities
- Special activity certifications
- Child abuse prevention
- Dealing with homesickness
- Rainy day activities
- Diversity and inclusion
- CPR, First Aid and emergency procedures
- Positive discipline



## **SUMMER CAMP 2021 SESSIONS & RATES**

Ages 7-16 | \$1295

<b>Session 1:</b> June 6-12	Aloha Summer
<b>Session 2:</b> June 13-19	Time Traveler
<b>Session 3:</b> June 20-26	Sci-Fi
<b>Session 4:</b> June 27-July 3	Stars and Stripes
<b>Session 5:</b> July 4-10	Super Heroes
<b>Session 6:</b> July 11-17	Passport to Another World
<b>Session 7:</b> July 18-24	Wild, Wild West
<b>Session 8:</b> July 25-31	Planet Earth Safari
<b>Session 9:</b> August 1-7	The Great Adventure



## **SPECIALTY CAMPS**

Same Dates as Main Sessions Above | Ages 9-16 | \$1495

### **Equestrian Camp**

Half day daily dedicated to riding, grooming, learning

### **Watersports Camp**

Half day daily dedicated to all watersports



## **TEEN CAMPS**

### **Teen Adventure Camp**

Ages 13-15

Session 1: June 6-19 (2 weeks) \$2795  
Session 2: June 20-26 (1 week) \$1495  
Session 3: July 18-31 (2 weeks) \$2795  
Session 4: August 1-7 (1 week) \$1495

### **Teen Leadership Camp**

Ages 16-17 | \$2795

(1) 2 week session – July 27 – July 10



## **DISCOUNTS**

### **Loyalty Discount**

One Loyalty Discount per camper will be available for these categories: returning camper, siblings, and campers attending multi-sessions. This replaces all previous discount programs.

### **Financial Assistance**

Financial assistance is available on a limited basis. Visit [ymcacampcullen.org](http://ymcacampcullen.org). We welcome contributions to our scholarship fund. If you would like to help send a child to camp who otherwise might not be able to afford it, please contact us.



## **CAMP REGISTRATION AND FEES**

Registering for camp is easy! Register online at [ymcacampcullen.org](http://ymcacampcullen.org) and for 2021, no deposit is required. We have a guaranteed 100% refund if you have concerns about attending due to COVID-19. Your registration must be cancelled in writing (email) advance of check-in day to be refunded. You may also work with us to schedule a payment plan via a credit card and/or bank draft, but the full tuition must be paid at least two weeks prior to the start of camp. Failure to complete payment will result in a cancelation of the registration and the advancement of another camper from the waiting list.

## **CHANGING/CANCELING SESSIONS**

Should it be necessary for you to change or cancel your child's session, you must contact YMCA Camp Cullen at least two weeks prior to the beginning of the session. Changes will be made based on availability. Your registration must be canceled in writing (email) in advance of check-in day to be refunded.

## **REFUNDS**

No deposit is required for Summer 2021 and we have a guaranteed 100% refund if you have concerns about attending due to COVID-19. Your registration must be canceled in writing (email) in advance of check-in day for refund to apply.

Camp session fees may be refunded only when campers are unable to complete their stay due to a medical condition. If the camper has received a scholarship or discount, this will apply to the last days of the camp session. Homesickness or disruptive behavior which results in the child leaving camp are not conditions for refunds. Please see COVID-19 Protocols for further information.

## **OPTIONAL TRANSPORTATION - Sessions 3 and Session 6 Only**

Air-conditioned buses are available to transport campers to and from YMCA Camp Cullen for an additional fee of \$25 each way. No charge for campers who receive a scholarship/financial assistance. Reservations are required. YMCA staff will accompany campers on the bus. All enrollment forms and waivers must be submitted through CampDoc two weeks prior to camp. Transportation registration must be completed a minimum of one week prior to the session. Transportation is not provided for campers returning home due to illness, injury, or discipline. Parents or guardians will be responsible for picking up their camper at YMCA Camp Cullen.

## **BUS PICK-UP & DROP-OFF LOCATION** WEEKLEY FAMILY YMCA

7101 Stella Link Blvd. | Houston, TX 77025  
713-664-9622

**SUNDAY BUS CHECK-IN:** The bus will depart from the Weekley Family YMCA where campers will have a full check-in procedure. **Please do not arrive before 11:30 am.** Please make sure campers have eaten lunch and used the restroom prior to arrival. Dinner will be at 6 pm. **SATURDAY BUS CHECK-OUT:** The bus will arrive at the Weekley Family YMCA at approximately 11:30 am, subject to traffic returning from camp.





## **CABIN REQUESTS**

Campers are assigned to their cabins the night before each session begins. Campers are assigned to cabins strictly according to age, gender, and space. We will try to honor cabin requests but cannot make any guarantees. **Campers wishing to share the same cabin need to request each other during Part 2 of registration on CampDoc!** They also must be of the same gender and within two years. Older ages will go down to younger cabins, younger will not be placed into older cabins. Beds within the cabins are not reserved and are filled on first-come basis on check-in day.

Every cabin is air-conditioned and heated. We strive to keep cabin age ranges within two years or less.





## **MEDICAL AND EMERGENCIES**

### **SPECIAL NEEDS ACCOMODATION & POLICY**

Special emotional or physical needs should be brought to the attention of the camp. A meeting with camp staff is required prior to enrollment. Please contact YMCA Camp Cullen if you have questions regarding children with special needs. Camp enrollment may be dependent upon the appropriate qualifications of camp staff.

### **INJURY**

Our medical staff will treat routine scrapes, cuts and minor illnesses. Services rendered by the camp medical staff are administered at no charge. It is our policy to inform parents of any injury that is more serious than a minor cut or scrape. In the case of serious illness or accident, the staff will contact you immediately. In the event you cannot be reached, we will attempt to reach your designated emergency contact. Your signed authorization on the registration form allows us to secure prompt treatment. Parents or guardians are responsible for charges incurred for outside medical treatment of their child if treatment is required while in attendance at camp.

### **ILLNESS - See COVID-19 Protocols for specific details**

It is the policy of YMCA Camp Cullen not to keep campers with symptoms lasting more than 24 hours in our camp infirmary. Therefore, we ask parents of campers who are ill for more than 24 hours to care for their child at home and to see the family doctor. Transportation is not provided for campers returning home due to illness. If your child is scheduled to come to camp and becomes ill, please do not bring them to camp. Call the camp office as soon as possible Monday–Friday 8:30 am–5 pm or email [campcullen@ymcahouston.org](mailto:campcullen@ymcahouston.org) after hours or weekends in order for us to schedule another session for you.

### **INSURANCE**

Parents or guardians must include their personal health insurance information when completing CampDoc. This information will only be used to facilitate outside medical treatment, if required. In the event of serious illness or accident, the parents will be notified immediately.

### **EMERGENCIES**

Emergency calls to campers should be made by calling the camp office at 936-594-2274. 8:30 am–5 pm. After 5 pm, call the camp's emergency cell at 936-200-8612.



## **YMCA CAMP CULLEN AND COVID-19 – WHAT YOU NEED TO KNOW**

At YMCA Camp Cullen, the health and safety of our campers, staff and our community is our top priority. We continue to monitor guidelines, protocols, and best practices for the prevention of COVID-19. To ensure the safety of all who visit camp, we have layered in extra precautions against communicable diseases. A series of “non-pharmaceutical interventions” (NPI’s) have been developed through consultation with the American Camping Association, CDC, and local health and licensing bodies to keep your child and the camp community safe and healthy.

### **The core of our NPI’s are formed around layers of protection:**

1. Restrict the virus from entering the camp ‘bubble’
2. Clean and sanitize regularly
3. Restrict mixing of groups
4. Distancing and mask wearing
5. Facility enhancements

The implementation of each layer of protection decreases the risk of transmission within the camp community, as well as to the extended community of parents and families after your child’s camp experience is over. The successful implementation of these layers of protection requires responsible action from every member of the community – the camp, the staff, the camper and the family

**The Camp:** To put in place, and hold accountable to, a set of best practices for the restriction of community spread within the camp environment.

**The Staff:** To live into the standards put in place and ensure that their behaviors protect the children in their care in the moment, and the children coming into their care in future camp sessions.

**The Camper:** To respect the boundaries and behaviors required of them to keep their community safe.

**The Family:** To take precautions prior to the camp experience, including opening day, to minimize the potential piercing of the first layer of protection – the virus entering the camp ‘bubble’. Each of the 5 layers of protection is outlined in more detail on the second page of the “What You Need to Know” section, but know that our standards go much deeper, and are laid out for each camp activity and situational application. If you would like to know how we will be enacting these rules in any given situation at camp, please don’t hesitate to reach out to us to learn more.

## Our 5 Layers of Protection:

1. Restrict the virus from entering the camp 'bubble'
  - Staff vaccination program prior to camp
  - Staff quarantine period prior camp
  - Restrictions on traffic in and out of camp while camp is in session
  - Changes to opening day that limit the movement of parents outside of their vehicle
  - Screening procedures (temperature checks and questionnaire) prior to check-in and education of all stakeholders prior to session start
2. Clean and Sanitize regularly
  - Activity equipment will all be single use or sanitized between uses Hand sanitizer available at all locations and with counselors Enhanced cleaning procedures in all areas and between sessions Hand washing culture
3. Restrict mixing of groups
  - Camp community split into pods, by age group, that never share the same space or interact – Most restricted layer of movement
  - Pods are made up of 4 cabins that interact through freedom of activity choice – a medium layer of restricted movement
  - Campers live in the same cabin with a reduced number of other campers – the least restrictive layer
4. Distancing and mask wearing
  - Masks will be worn in indoor 'public' spaces – i.e. activity spaces or dining hall, except while at the tables eating meals
  - Masks will be worn when outdoors and not actively engaged in an activity – e.g. sports, climbing, sailing, etc.
  - Distancing will be observed at all times
5. Facility enhancements
  - Cleaning and sanitizing stations built around camp
  - Contactless water distribution
  - Opening and closing day structure built to allow transmission free environment
  - Modifications to cabin layout and air flow including air conditioning filter improvements and plexi-barriers between bunks and sinks.



## FIRST-TIME CAMPERS

Going off to YMCA Camp Cullen is a thrilling adventure for campers and parents. We know both parties may be a bit anxious about the camper leaving the comforts of home, adopting new routines of daily activities, and meeting new friends. Here are some helpful tips for first-time campers:



- Send pre-addressed stamped envelopes with campers so they can send mail to family and friends.
- Send old clothes they recognize as their own. Avoid packing new ones they will not remember as their own.
- Do not send valuable clothing. Pack with your camper and make a list of what they bring so that they know what they should bring home.
- Please do not send family heirlooms or expensive items
- Remember: label everything and pack light!
- Camp is not responsible for lost or stolen items.

## HOMESICKNESS

Temporary homesickness is not an unusual feeling, particularly for new campers. Our staff are trained in constructive and caring ways to work with campers to help them overcome their feeling of missing home. Overcoming homesickness is an important learning experience and it helps your child grow stronger. With proper handling by staff and parents, a homesick camper can make big strides.

Messages/mail can affect a homesick camper. Please avoid telling your camper that you cannot get along without them or how much they are missed at home. Instead, please send encouraging emails and talk about the photos you have seen of them online and how proud you are of them. We recommend you plan ahead to send letters/purchase care packages so that they have something at the beginning of the week. It is difficult for a camper when they see all their cabin mates receiving mail and they receive nothing.

## TECHNOLOGY FREE CAMP

Camp is great because it's about getting away from day-to-day technology and the "everyday" routine. We encourage campers to get to know their new friends face to face.

## PARENT CONTACT

If your child is homesick, or has any other problem you should know about, we will notify you of the situation. Our counselors are well trained and can usually head them off potential issues before they become a problem.

## BEDWETTING

If you know that your camper may wet the bed, please indicate it on the specified form and notify your camper's counselor at check-in. Our staff are trained to deal with bedwetting discreetly, and we will work with your child one-on-one. Campers should be instructed to ask their counselors for help, and every effort will be made to prevent accidents. Please send a plastic sheet and protective apparel with your camper if this may be a problem as well as an extra set of sheets if you know this may happen.

## MAIL

It is a great idea to bring mail with you when you drop your campers off to avoid any post office delays. Please write the camper's name, session number and the date that you would like the mail delivered to your camper. If mailing, please allow five business days for mail to reach camp. We recommend writing to your child at least once before camp begins to make sure it arrives for the first day. This will guarantee that your camper will receive at least one letter from home while they are at camp.

### PLEASE ADDRESS MAIL THIS WAY

YMCA CAMP CULLEN

460 Cullen Loop

Trinity, TX 75862

Camper's Name/Session Number/Cabin Name


Campers will be encouraged to write one letter home each week. Mail can be slow, so some mail may be received after the camper is home. Please ensure they know their mailing address.


**Please – NO large packages!**

Whether it is your child's first or tenth summer at camp, mail-call is an important part of every camper's day. Here are some hints to make corresponding with your child more enjoyable:

- Leave letters for your camper to receive throughout the week on opening day.
- Send photos of family, friends, or pets.
- Have family members write a letter or send messages through the 'Email a Camper' feature on our website. Non-food items like magazines, stickers, books, costumes and items related to our camp theme are encouraged.
- Talk about how glad you are that they have the opportunity to go to camp and how much you will enjoy talking about the fun things they were able to do when they return home.



**WE'VE GOT WALDO!**

**the**

Waldo uses facial recognition to find YOUR camper's photos and delivers them to your phone!!

**To get your photos, text our join code below to 735-343!**

**CULLEN21**

Or, visit [waldophotos.com/galleries](http://waldophotos.com/galleries) and enter the join code above to view your photos on the web!



## MEALS

The dining hall is modern and roomy. Campers will be enjoying their meals by PODS this year and mealtime will be staggered so all campers are not in dining hall at the same time. Our well-balanced meals are served by professional food service staff. If your child has any special dietary needs, please notify us upon enrollment while completing CAMPDOC and we will do our best to make accommodations. Water is our primary drink at camp and we encourage all campers to drink plenty throughout the day. We are also able to accommodate most general food allergies. Please call if your child has special dietary restrictions, you feel you would like to discuss with our Food Director or if you have any concerns. Please inform the camp upon enrollment, by phone or email of any special needs at least two weeks prior to arrival and put in CAMPDOC.



## COMMUNITY LIVING

Personal responsibility and group cooperation are important elements of the camp experience. Mature and caring staff members work with campers on the importance of caring for one's personal space and belongings, assisting in daily cabin clean-up, and pitching in with shared responsibilities around camp. We strive to impart caring, honesty, respect and responsibility in our camp community so that it may carry over into our lives outside of camp.

## CAMP STORE

Our Camp Cullen camp store will mostly be virtual this year during check-in and check-out. We have a lot of fun camp apparel and other exciting camp items available. Ready-made bedding/towel sets for \$60 can be pre-ordered at least 2 weeks prior to camp by calling the office or emailing [campcullen@ymcahouston.org](mailto:campcullen@ymcahouston.org).





## MEDICATIONS

All prescription medication brought into camp must be in original containers that include the camper's name, dosage and medication administration times.

All medications, including over the counter (vitamins, creams, lotions, etc.) must be turned in to be dispensed by the camp. Medications must remain in the original bottle to be dispensed by camp staff. YMCA Camp Cullen stocks most over-the-counter medications needed at camp, so it is not necessary that your child brings these items. If there are any over-the-counter medications that you do not want your child to take, please specify these on the medical form in CAMDOC.



Please give all prescription and over-the-counter medications directly to the Medical Station upon arrival at camp. If your child will be arriving by bus, please check in medications with camp staff at Weekley YMCA. Make sure your camper's name is on all items. It is recommended that all campers stay on regular daily medication during their time at camp. It is our policy for the infirmary to keep the camper's inhaler (if applicable) during camp unless instructed differently by the doctor. Our medical staff are always available so inhalers can be obtained at a moment's notice.

## LOST & FOUND

We will make every effort to return lost and found items while your camper is at camp. Please mark all items with your child's name in a permanent marker or laundry label for easy identification. Please check your child's belongings prior to leaving camp and the lost and found display before you leave to make sure your camper has not left anything behind.

Items found after your child's camp session with names visible will be held for 2 weeks after the last session of camp and may be claimed by description. Please be especially thorough on check-out day to make sure that bags are not left. If you discover something is missing upon your return home, please call as soon as possible. We will do everything we can to make arrangements for the item(s) to be returned to you promptly. Arrangements can be made to pick up the item(s) at YMCA Camp Cullen.

After September 1, all remaining items will be donated to a local non-profit. Undergarments and socks that are left at camp will be thrown away immediately after each session.

**YMCA Camp Cullen is not responsible for lost, stolen or damaged articles.**

## ACTIVITIES

Summer Camp is a great place to learn new skills and try new things. At YMCA Camp Cullen, we have a lot of great activities because a great camp should have something for every child. For campers who want to water ski and play sports all day, we have the right mix. For campers who enjoy nature exploration and sailing, we have that too. And for campers who love horses and swimming, no problem! Our camp activities are led by trained and experienced facilitators who guide campers in having an unforgettable experience.

**Some activities include:** Arts and Crafts, Alpine Tower, Archery, Basketball, Canoeing, Fishing, Kayaking, Outdoor Skills, Performing Arts, Riflery, Swimming, Horseback Riding, Zip Line, Environmental Discovery and much more.



## SWIM TESTS

All campers must take a swim test each time they visit the pool to demonstrate their level of swimming ability, providing information to the lifeguards on duty throughout the week. Personal flotation devices are required and provided for participation in any of our lake front activities.





## SPECIALTY CAMPS

No matter what your child's interests may be, YMCA Camp Cullen has the perfect option. Our specialty camps help kids strengthen their skills, discover new talents and develop confidence in their own potential. Each specialty camp focuses on a specific activity and helps your child learn and develop skills related to their interest.

### EQUESTRIAN CAMP

Equestrian campers will enjoy a three-hour session each day at the barn improving their Western or English riding techniques and participating in a wealth of activities designed for the passionate horse-loving camper. Your level of experience will be determined at the beginning of your session week. Our introductory level is for beginners with little to no experience. Riders who have already grasped the basics and are ready for a challenge advance to our Novice level. Intermediate level riders have demonstrated their capabilities by working their way through our main camp or specialty camp program in past summers.



Equestrian Camp participants are required to bring a pair of boots to camp and are encouraged to bring multiple pairs of jeans or riding pants. Camp has a limited supply of boots for campers who cannot afford to purchase their own, but we want to make sure we have the size your child needs.

For more information on curriculum, riding level recommendations or appropriate attire, please contact our Equestrian Director at [kelly.agorichas@ymcahouston.org](mailto:kelly.agorichas@ymcahouston.org).

### WATER SPORT CAMP

Water Sports campers will spend their half of their day focusing on waterfront activities such as water skiing, wake boarding, knee boarding, tubing, canoeing and sailing. Rather than going to the pool, they will have the chance to spend more time at any of those activities. While on the motorboats, campers will receive individual attention and may choose to learn how to water ski, wake board and knee board or focus on one. Over the week, your camper will build an understanding of boating safety while having the time of their life!





## CHECK-IN/CHECK-OUT

**All parents/guardians will receive multiple communications with complete details, including specifics for multi-camper families.**

### CHECK-IN

Sundays

2-4 pm

Check-in will be drive-thru only for summer 2021

### CHECK-OUT

9-11 am

Parents picking up their child from camp on Saturday will have a choice of drive thru or pick up at cabin.



All parents must check out with camp staff and show proper identification before their campers will be released. If someone other than the parent is picking up the camper, please note in CAMPDOC under AUTHORIZED Pickups or notify the camp office in writing via email. Please make sure you pick up your child's medication from the camp medical staff and get your child's luggage (including laundry bags that may have not made it back into the suitcase). It is parents'/camper responsibility to ensure all items brought to camp are taken home. Please label every item!

If there is an emergency and you need to pick up your child early, please notify the camp office before Friday at 5 pm or email [campcullen@ymcahouston.org](mailto:campcullen@ymcahouston.org) after 5 pm and at least 2 hours before pickup, so we can have them ready upon your arrival.

### WEEKEND STAYOVERS

Campers staying multiple sessions are allowed to remain at camp between sessions for an additional fee of \$100. This must be arranged at time of enrollment or with the camp office. Please send two weeks of clothing for these campers, or detergent for laundry on Saturday. Counselors will assist with laundry if requested.



## **YMCA CAMP CULLEN PACKING LIST**

### **(1-week sessions)**

#### **Clothing**

- ☐ 2 pair of closed-toe shoes such as sneakers or athletic shoes
- ☐ 1 pair of sturdy closed-toe shoes with a smooth sole (if camper wants to take part in horseback riding) ☐ 1 pair of water shoes for the showers and waterfront activities
- ☐ 1 pair of jeans (required for horseback riding)
- ☐ 2 swimsuits (Girls – one piece or tankini only, NO BIKINIS ALLOWED)
- ☐ 7–8 pairs of underwear
- ☐ 7–8 T-shirts or blouses
- ☐ 7–8 pairs of shorts
- ☐ 7–8 pairs of socks
- ☐ 1 set of shirt and shorts for MESSY night activities
- ☐ 1 raincoat or poncho
- ☐ 1 hat or cap (protection from the sun)
- ☐ 1 water bottle or canteen (heavy duty)

#### **Bedding**

- ☐ 1 sleeping bag or 2 single sheets and 1 light blanket ☐ 1 pillow
- ☐ 1 laundry bag (pillowcase will work too)
- ☐ 1 vinyl mattress cover for twin bed (optional)

#### **Toiletries**

- ☐ Soap and soap dish
- ☐ Toothbrush and toothpaste
- ☐ Brush or comb
- ☐ Shampoo and conditioner
- ☐ 4–5 washcloths
- ☐ 3–4 bath towels
- ☐ 1–2 beach towels
- ☐ 1 flashlight with extra batteries (REQUIRED)

#### **Optional**

- ☐ Insect repellent (non-aerosol)
- ☐ Paper, pen, envelope and stamps
- ☐ Camera (disposable)
- ☐ Sunscreen or sunblock

**Campers staying for longer should pack accordingly.**

#### **DO NOT BRING TO CAMP**

Personal Electronic Devices: iPods/iPads, expensive digital cameras, cell phones, computers and any other electronics that are expensive and can be broken or disruptive to camp.  
Firearms, fireworks, matches, lighters, knives, tobacco products, drugs, alcohol, valuable items, gum, candy and snacks.

## DISCIPLINE AND GUIDANCE PROCEDURES

Self-management skills and positive social interactions among children and adults are encouraged and maximize everyone's enjoyment of camp. Programs use positive guidance methods including reminders, distraction, logical consequences and redirection. Self-management skills are taught according to the following guidelines:

- Consistent rules are clearly stated. Campers are expected to work and play within known limits.
- Behavior expected of campers is age-appropriate and based on developmental level.
- An atmosphere of trust is established in order for campers to know that they will not be hurt nor be allowed to hurt others.
- Staff members strive to help campers become acquainted with themselves and their feelings. This will help them learn to cope with their feelings and control them responsibly.

Camper safety is the most important concern of the program; therefore, campers whose behavior is dangerous or repeatedly disruptive will be discussed with the camper's parent and will result in loss of privileges or activities, suspension or termination from the program. Parents are financially responsible for intentional damage to equipment and facilities caused by their camper.

## CONDUCT POLICIES

The following conduct policies apply directly to each individual camper and will be used in determining the camper's eligibility to continue as a participant in the camp program. Infractions are documented in an incident/discipline report. Please make certain that both you and your child are completely familiar with these policies.

A camper may be suspended or released from camp, without refund, for the following behavior while participating in the program or while being transported:

- Leaving the YMCA campsite without permission, or going into unauthorized areas
- Using foul language, fighting, being rude or discourteous to staff and other campers
- Defacing Y property or field facilities or any property visited
- Engaging in fighting, intentionally injuring another camper, or bullying
- Bringing or using any illegal substances and/or weapons
- Public displays of affection
- Stealing or defacing another camper's property
- Refusing to remain with the group while at camp and during outings
- Refusing to follow check in and out procedures or refusing to follow basic rules of safety
- Refusing to participate in daily camp activities
- Not remaining seated at all times while being transported
- Not keeping his/her seat belt fastened while being transported
- Having any body part out of the window, defacing the vehicle and/or being rude and discourteous to the driver or to other drivers on the road while being transported

## DISCIPLINARY PROCEDURE

**First incident:** Parent notified by phone and/or in writing

**Second incident:** Disciplinary write-up

**Third incident:** The action taken at this point is at the discretion of the Senior Program Director after appropriate consultation with the parent.

**Range of discipline:** Removal from camp activities to removal from camp. Parents are responsible for picking up any child that has been expelled from a session. Once the decision has been made to remove a camper from the program they are immediately removed from their cabin and activities until the parents/ guardians arrive.

## HOUSE SYSTEM

### GOALS & OBJECTIVES

Our YMCA House System is primarily aimed at creating a sense of belonging for your child, and legacy for your family. Throughout all of your child's YMCA camping experiences, week by week and year by year, they will have the same 'house'. This allows for familiarity and an instant sense of "being at home".

A camper's house gives them a symbol to call their own, to uphold the value of, to compete for and hold themselves accountable to. It creates a feeling of small community within the larger camp community. Cabin groupings change every year, the Y camp they attend may change, but their house will remain the same. As with all camp programs, the teaching of core values is woven into the fabric of this aspect of the camp program.

### THE HOUSES

The Houses at YMCA Camp Cullen are Dragon, Phoenix, Centaur and Lusca. You will notice the inclusion of Astronomy as an additional piece of STEM awareness. Incidentally these houses also tie into elements; Dragon is air, Phoenix is fire, Centaur is earth and Lusca is water.

As a legacy program, your child's house will be consistent throughout camping and from year to year. Your child's siblings will also be in this house, and with an eye to the future, your children's children will also be in the same house.

Each House has its own symbol and color scheme to help create the feeling of ownership and belonging. Being in one house or another will not in any way take time from your child being with friends or result in your child spending less time in age-appropriate groupings.

## OTHER PROGRAMS AT YMCA CAMP CULLEN

### TEEN ADVENTURE CAMP: 1- or 2-week programs available

Ages 13-15

Teen Adventure Camp is a specialty program defined by its innovative and bold take on classic primitive camping. TAC consists of a two-week program for participants ages 13-15, broken down into two six-day sessions, all at our Camp Cullen facility, focusing on the basic and intermediate skill development of wilderness survival, creative problem solving, orienteering and conservationism to name a few. Participants have the opportunity to obtain and hone these skills during the first week of TAC, where we will operate in both a classroom environment and in the field working on theory and praxis. Week two is where participants put their skills to the test, participating in "Plane Crash", "Shipwreck", as well as an overnight canoeing trip and other various scenarios designed to challenge participants and create the ultimate outdoor adventure experience. The program is designed to encourage youth to develop their leadership skills, and to create lasting friendships through an exhilarating outdoor adventure at our Camp Cullen facility.

#### Week 1: Skill Development

- Survival Rule of 3
- Shelter Building
- Fire Building
- Orienteering
- Trapping (theory only), Hunting (theory only), Foraging & Fishing
- Basics of Wilderness Medicine
- Wilderness Conservationism
- Various lessons to underline the importance of YMCA core values in day-to-day life, and how they apply to the wilderness



## Week 2: Practical Application

- "Plane Crash" scenario and debrief
- "Shipwrecked" scenario and debrief
- "Rising Waters" scenario and debrief
- Lesson given by youth participants on basic and intermediate Wilderness Survival

## TEEN LEADERSHIP PROGRAM

Ages 16–17

The TLC program is a two-week program designed to introduce teens to the knowledge and techniques they will need not just as counselors but for life. Working closely with the leadership director and other directors, they will complete community service projects, learn new leadership skills and develop skills they already have. Problem solving, teen enterprise, interviewing skills, leadership and teamwork are just some of the skills to be learned during the different workshops. These lifelong talents will benefit them and all the children they serve as volunteers, mentors, employees or as future parents.



Through leading children and serving as role models, the teens will find and develop their own strengths.

**The goal of this two-week program is to provide training to teens who sincerely want to improve their skills and become outstanding leaders.**

## TEEN ADVENTURE CAMP PACKING LIST

### Toiletries

- ☐ Soap and soap dish
- ☐ Toothbrush and toothpaste
- ☐ Brush or comb
- ☐ Shampoo and conditioner
- ☐ Washcloths
- ☐ Bath towel
- ☐ 1 flashlight with extra batteries

### Clothing

- ☐ 1 pair of robust hiking boots/shoes
- ☐ 1 pair of flip flops for the showers
- ☐ 1 pair of sandals with ankle strap
- ☐ 10 pairs of underwear
- ☐ 5 t-shirts
- ☐ 2 non-cotton synthetic shirts
- ☐ 1 long-sleeve non-cotton synthetic shirt
- ☐ 2 pairs of hiking shorts
- ☐ 2 pair of athletic shorts
- ☐ 2 pairs of synthetic socks
- ☐ 1 pair of synthetic liner socks
- ☐ 4 pairs of cotton socks
- ☐ Rain jacket
- ☐ 1 cool weather jacket
- ☐ 1 warm pull over for the cool evenings and nights
- ☐ Rain pants
- ☐ Sun hat or baseball cap (protection from the sun)
- ☐ Cool weather hat and gloves
- ☐ Small day pack or small backpack
- ☐ 1 heavy duty water bottle (32 oz.)

### Not Allowed

- ☐ Cell phone
- ☐ Weapons (guns, explosives)-a pocketknife is allowed
- ☐ Electronics of any kind
- ☐ Non-prescribed medication

### YMCA Camp Cullen will provide the following

- ☐ 60-liter backpacking pack with built in frame
- ☐ Sleeping bag
- ☐ Sleeping mat
- ☐ Personal head lamp
- ☐ Group gear – cooking equipment, water containers, tents, maps, etc.
- ☐ Bowls, plates, spoons, cups, forks, etc.

**All participants are welcome to bring their own personal gear with them on the trip if they prefer.**

**If you are in need of any items listed above, we may have extras we can share. Please let us know and we can check it out to you.**

## FAMILY CAMP

YMCA Camp Cullen is the perfect destination for a weekend getaway with your family, friends or co-workers! Weekends are available to reserve for your family or youth group during the off season (September through May). This is a wonderful way to spend time with your family in the great outdoors and see what YMCA Camp Cullen has to offer. Family camp also offers ease to those families who are looking to send their children to camp in the summer by providing a safe, action-packed weekend that has their tiniest campers begging for more! Join us for a fun-filled weekend of crafts, games, exciting Camp Cullen activities and programs for all ages.



Conveniently located approximately 90 minutes north of Houston, YMCA Camp Cullen is nestled among the tall pines on 530 acres along the shores of Lake Livingston. With modern lodging, food service, meeting areas, challenge course and recreation activities, YMCA Camp Cullen allows you great opportunities to conduct a fantastic group retreat or conference.

Our staff are friendly, engaging and fun, expertly trained and ready to guide your group through a memorable and rewarding camp experience.



# WE'VE GOT WALDO!



YMCA Camp Cullen is excited to announce we're offering Waldo's facial recognition powered mobile app this summer! You'll be able to sit back and relax while Waldo delivers YOUR photos to you and up to 6 family members!

### ★ HOW TO ENROLL

Text this code to 735-343:  
**CULLEN21**

or

Scan here with your  
phone camera!



### NOT INTERESTED IN PHOTO DELIVERY?

View your photos at our free web gallery! Head to [waldophotos.com/galleries](http://waldophotos.com/galleries) and enter our join code:

**cullen21**



**For the most specific directions to YMCA CAMP CULLEN, please use your GPS with our address:**

YMCA CAMP CULLEN  
460 Cullen Loop  
Trinity, TX 75862

**Phone Number:** 936-594-2274

**Hours:** Monday–Friday  
8:30 am–5 pm

**Email:** [campcullen@ymcahouston.org](mailto:campcullen@ymcahouston.org)



**REGISTER FOR NEXT SUMMER AND SAVE!!**



**Early Bird Registration will be available beginning on June 12, 2021 at check-out for next summer.**

**It is never too early to secure your camper's place for next year!**