



YMCA CAMP LOMA MAR SUMMER FAMILY CAMP

Dear Family Camp Participant,

Thank you for registering for Family Camp at YMCA Camp Loma Mar! We are excited that you have chosen our program for your family's camping experience and are looking forward to spending a few days with you! During this unusual time, we've had to drastically change how we operate camp to meet the requirements of local, state, and federal health orders. Our local health department gave us specific guidance to offer these family camp programs. We are also relying on you to help keep everyone safe.

The Family Camp schedule is designed to offer your family time to relax and enjoy our beautiful Redwood forest while maintaining social distancing from others. We practice "Challenge by Choice" at Camp Loma Mar, and we sincerely hope you will take opportunities with your family to try new things and meet new people.

To ensure you are well prepared for camp, we ask that you thoroughly review this packet and keep it handy for reference. If you have any questions about the program, feel free to contact Ryan at (650) 879-1856 or rjames@ymcaeastbay.org.

Again, thank you for choosing to participate in Family Camp at YMCA Camp Loma Mar. We look forward to a fun, safe, and enjoyable weekend with you!

Cheers!

Ryan James
Executive Director
YMCA Camp Loma Mar

IMPORTANT INFORMATION ABOUT YMCA CAMP LOMA MAR!

Mission and Philosophy: We are committed to providing a complete experience for the entire family. Our program encourages growth of values and skills in each individual camper, as well as building community through relationships at camp. One of the core concepts we work with is the idea of creating a “safe place”. Camp Loma Mar is a setting that is physically safe and free from danger; is emotionally safe and free from the harm of racial and cultural intolerance; and spiritually safe, where everyone is free to explore their spirituality without fear of embarrassment or harassment.

Health at camp: For the health of all campers, **we cannot allow campers with the following symptoms:**

- **Fever with Chills**
- **Cough**
- **Shortness of Breath or Difficulty Breathing**
- **Fatigue**
- **Muscle or Body Aches**
- **Headache**
- **New Loss of Taste or Smell**
- **Sore Throat**
- **Congestion or Runny Nose**
- **Nausea or Vomiting**
- **Diarrhea**

Face Masks: Per local health department regulations, you are required to wear a face covering while in public spaces. What does that mean at camp?

- You must wear a face covering when interacting with any YMCA staff member
- You must wear a face covering when interacting with any other participant of family camp not part of your immediately bubble
- You are not required to wear a face covering while walking around camp so long as you are only interacting with your bubble
- If your child would like to interact/play with another child not part of your bubble, you must get the other child’s adult specific permission. We encourage you to communicate how you would like them to interact. **We trust your judgement and we trust you to respect others’ health, safety, and space.**

Parking: When you arrive to camp, you will be able to drive close to your cabin to unload your belongings. Afterwards, families located in Redwood Village may park behind the Dining Hall and families located in Oak Village may park behind the Legacy Lodge. Overflow parking is available around camp.

Supervision: You are responsible for the supervision of your children. Children under 7 will need to be with an adult from their group at all times, older children are allowed to move from activity to activity on their own; however, we recommend that they travel with a buddy. Please remember that specific activities are scheduled for each family at a designated time while others are drop in.

Health Care at Camp: Basic First Aid supplies and services will be available in camp. Contact camp staff if you have any first aid needs. Camp Staff are trained in CPR/First Aid/AED and can address minor medical needs. In case of serious accident or injury, local Emergency Medical Services will be utilized or you may go to the closest hospital.

We will place hand sanitizer in strategic locations around camp. We highly encourage you to bring your own hand sanitizer and use it frequently. We also highly encourage you to thoroughly wash your hands routinely. YMCA staff also have their own specific requirements that we will follow.

Smoking/Alcohol/Drugs/Weapons: In keeping with the theme of the weekend, as well as the mission of the YMCA, we do not allow alcohol, drugs, or weapons at camp. We strongly discourage smoking at camp, and if you must smoke, you will need to do so in the designated smoking area. In addition, due to the fire danger at camp, no open flames are allowed for any purpose.

Arrival: Check-in is between 4-6pm on Friday. Of course, if you need to arrive later on Friday, just let us know. We will accommodate. Dinner of Friday will be on your own. You can grab food at several locations around Pescadero. Upon check-in you will receive your cabin assignment and schedule.

Departure: Check-out is by noon on Sunday. Breakfast will be the last meal provided.

Cabins/Sleeping Arrangements: Cabins have bunk-bed style beds. Our cabins have between 8-12 beds each. Families will be split between both Redwood and Oak Villages. Cabins have electricity and heat. Wifi is limited around camp, so please plan accordingly. If you plan to tele-work during your stay, ask a Y-staff member for the best place to go.

Please note: You will need to bring your own linens. We recommend a sheet to be placed over the mattress and then a sleeping bag on top. You can refer to the packing list below for further details.

Bathhouses: Each village has a bath/shower house. Each bathhouse has two sides, a male identifying side and female identifying side. Each side contains 3-4 showers, 3-4 sinks, and 3-4 toilets/urinals. Bathhouses will be cleaned prior to arrival and regularly throughout your stay. In addition, we ask that each family help us maintain a clean environment in the bathhouses. Remember, the health department has issued strict guidelines and we want to make sure everyone stays safe at camp.

Meals: We provide balanced, nutritious, made-from-scratch meals at Camp Loma Mar. **If you have any food allergies or dietary needs** (i.e. vegetarian/vegan), please email them to Ryan at rjames@ymcaeastbay.org or call (650) 879-1856. If you've already let us know about your dietary needs, than we have you covered.

Food will be served as either grab and go style or sit down in the dining hall. How food is served will be dependent on county regulations at the time of your visit.

If meals are grab and go a member of your family will need to come to the entrance to the dining hall (wearing a face covering) to obtain meals. A YMCA staff person will give you your food. Your family is free to picnic anywhere on our grounds (please avoid eating in cabins as it does attract furry critters) or you are welcome to take your food to our local beaches in Pescadero.

If sit down meals are permitted in the dining hall Y staff will serve each person food at the service windows.

We will provide coffee in the morning during breakfast. That's your time to stock up. You are also welcome to head into Pescadero to eat at one of our local restaurants or coffee shop. If you plan to do this, let us know in advance so we can change our meal prep plans. Here is a quick list:

- Duartes Tavern – great artichoke soup
- Gas Station – oddly enough, they have awesome Mexican food – Cash Only
- Downtown Local – coffee shop
- Sante Arcangeli – wine tasting
- Norm's Market – deli sandwiches, they also have great artichoke bread
- Harley Farms – locally made goat cheeses and THEY HAVE GOATS!
- Loma Mar Market – made to order food

Activities: Unlike previous years, we will need to schedule each family their own time at our various activity areas. We are doing this to help minimize the interaction between family groups. If your family is attending camp with another family and you would like to be placed in the same activity group, please let us know. If you don't, you will be scheduled for your own time. Scheduled activities will include Rock Wall and Zip Line. Drop in activities will include Archery, Tie Dye (bring your own white cotton item or purchase a white pillow case with camp logo for \$5), guided hikes around camp, guided hikes in Pescadero, and possibly the pool (**depending on county regulations at the time of event**). In addition, we will have our Arts and Crafts area as well as our Legacy Lodge game room open and spaced out for your use throughout the weekend. As always, you are welcome to enjoy Camp Loma Mar's two beach areas located down by the creek (**no YMCA lifeguard will be present at the creek**).

We border Memorial Park & Pescadero Creek County Park and encourage you to take some time to explore their trails. Our main trail at camp connects to the park and we are happy to point out the trailhead to you. We also encourage you to check out our local beaches in Pescadero.

Camp Store: Camp T-shirts & souvenirs will be available for purchase. We take cash, checks, and credit cards.

A Word about Weather: Summer at Camp Loma Mar is typically mild. Days may be warm and sunny but mornings and evenings can be chilly and misty. We recommend you bring clothing to layer and allow for these changing weather patterns.

Thank you for registering for Family Camp this year, see you soon!

Directions:

From Highway 1: From Half Moon Bay travel south on Hwy 1 for 17 miles. Turn left on Pescadero Rd.(turns into Pescadero Creek Road) and travel 9.7 miles or 17 minutes to the YMCA Camp Loma Mar entrance on right side.

From Bay Area – Hwy 280: Exit at Woodside Rd. (Hwy 84) heading west through the town of Woodside. Cross over Skyline Blvd. (Hwy 35) and continue traveling west on Hwy 84 (now La Honda Rd) to the town of La Honda. Drive 1 mile past La Honda. Turn left onto Pescadero Creek Rd. After 1 ½ miles there will be a fork in the road and a very sharp turn. Bear right uphill and travel another 6 miles to the YMCA Camp Loma Mar entrance on your left.

From East Bay Area: Take 880 to Hwy 92 West through to Half Moon Bay. Turn left onto Hwy 1 and follow it for 17 miles. Turn left on Pescadero Creek Rd. and travel 9.7 miles or 17 minutes to the YMCA Camp Loma Mar entrance on the right side.

From San Francisco: You can take Hwy 1 all the way from SF to Pescadero Creek Rd. and follow the directions from Hwy 1.

Last gas available is in Woodside, Half Moon Bay, Pescadero & Skyline Blvd (Hwy 35).