



# YMCA Camp Loma Mar 2025 Registration Form

Please complete mail or email to: 9900 Pescadero Creek Rd. Loma Mar, CA 94021  
(650) 879-0223 • [clminfo@ymcaeastbay.org](mailto:clminfo@ymcaeastbay.org) • [camplomamar.org](http://camplomamar.org)

Camper Name: \_\_\_\_\_

Preferred Pronoun/Gender: \_\_\_\_\_ DOB: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Mail Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Family Email: \_\_\_\_\_ Phone: \_\_\_\_\_ Grade Fall '24: \_\_\_\_\_

Parent 1 Name: \_\_\_\_\_ Cell: (\_\_\_\_\_) \_\_\_\_\_

Parent 2 Name: \_\_\_\_\_ Cell: (\_\_\_\_\_) \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ \*Phone: (\_\_\_\_\_) \_\_\_\_\_

**Cabin Mate Request** — Requests must be mutual and are not guaranteed. Campers must be no more than 1 yr apart in age. Limit is 3.  
1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

## SELECT DESIRED CAMP WEEKS AND PRICES BELOW:

### Camp Loma Mar • Mountain Adventure Camp

Y MEMBER RATE:  \$925/Week NON MEMBER RATE:  \$1,025/Week

#### Cubs

Entering Grades 2-5

Jun 8-13  Jun 15-20  Jun 22-27  Jul 6-11  Jul 13-18  Jul 20-25

#### Bobcats

Entering Grades 6-8

Jun 8-13  Jun 15-20  Jun 22-27  Jul 6-11  Jul 13-18  Jul 20-25

#### Mountain Lions

Entering Grades 9-11

Jun 8-13  Jun 15-27  Jul 6-11  Jul 13-18  Jul 20-25

#### Gender Expansive Cabin

Entering Grades 2-8

Jun 15-20

### LIT • Leaders In Training Program

Entering Grades 10-11

2-Week Program

Y MEMBER RATE:  \$1,460/2-Weeks NON MEMBER RATE:  \$1,560/2-Weeks

Jun 15-27  Jul 13-25

### CA • Camp Assistant

Entering Grade 12

2-Week Program

Y MEMBER RATE:  \$925/2-Weeks NON MEMBER RATE:  \$1,022/2-Weeks

Jun 8-20  Jul 6-18

**\*\*Note** — Application & interview are required for CA Program. Email [clminfo@ymcaeastbay.org](mailto:clminfo@ymcaeastbay.org) for more information.\*\*

## Transportation

To: Loma Mar  Will provide own  Bus

From: Loma Mar  Will provide own  Bus

**\*\*Check your preferred bus location\*\***

Round Trip \$100 One Way \$75

EM Downer YMCA, 263 So. 20th St, Richmond 94804  
Departure at 12:30pm Sunday, arrive 20-30 mins early to check in

Oakland YMCA, 2350 Broadway, Oakland 94612  
Departure at 1:00pm Sunday, arrive 20-30 mins early to check in

**\*\*Returning bus arrives to Oakland Y at 2:30pm on Friday and to EM Downer YMCA at 3:15pm on Friday.\*\***

## Staying Multiple Sessions?

We host campers over the weekend in between consecutive registered sessions for free. Applies only to campers attending multiple weeks.

Mark your calendars 3 weeks before camp.

Balance Due:

## Payment/Refund Policy

A \$100/week non-refundable deposit is required to reserve camp sessions. Registration forms submitted without the minimum deposit will not be processed. After May 31, 2025 no refunds will be issued and full payment is required. To receive "Y Member Rate", membership must be active throughout the duration of the registered camp session(s) otherwise "Non Member" rate will be applied.

I understand & agree w/ the payment/refund policy.

Parent/Guardian signature required.

## Payment Information

Checks, money orders, and credit/debit cards accepted — Visa | MC | Discover | Amex

Pay \$100/WK Non-Refundable DEPOSIT ONLY  Pay Full Balance of Fees

CC# \_\_\_\_\_ Exp Date: \_\_\_\_\_

Cardholder: \_\_\_\_\_ Billing Zip: \_\_\_\_\_



# YMCA Camp Loma Mar Admission Form

**DO NOT MAIL**  
Please bring form to  
camp on check-in day.

Session

Cabin

Meds

Holdover

Bus

BOXES FOR STAFF USE ONLY PLEASE

## CAMPER NAME

First: \_\_\_\_\_ Last: \_\_\_\_\_

## Parent Information

Please provide the names and contact information of **ALL** adults authorized to pick up your child, including Parents/Guardians:

Your Name PRINT \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**\*\*Please note** — if you have any changes to authorized pickup information, please email us directly at [clminfo@ymcaeastbay.org](mailto:clminfo@ymcaeastbay.org)

INITIAL

**STORE REFUNDS:** I understand that any unused store money will be automatically donated to the Special Projects Fund at the end of the current summer.

Parent/Guardian Signature (required for camp admission) \_\_\_\_\_  
Date mm/dd/yy \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## YMCA CAMPER CODE OF CONDUCT

**Campers, please read!** I have reviewed the Parent Guide and Equipment List with my parents/guardians and understand that I am responsible for my behavior while I am at camp. I have reviewed the list of things that are not allowed and have not packed any of them. I am excited about my camp experience and I am coming because I want to. If I do not follow the camp rules, I understand that I may be sent home, without a refund of camp fees to my parents. I will do my best to make this a good experience for me and for the other kids at camp.

\* I did not bring:  a cell phone  make-up  electronics \_\_\_\_\_  
Camper Signature

**Friday Schedule for Parents**  
Check Out starts at 3:30pm  
Family BBQ 3:30–4:30pm  
Depart by 5:00pm

**Reminders About Check-out on Friday:**  
> You will receive this form upon arrival, please keep it until you leave  
> Check the lost and found area for any of your Camper's items  
> Collect luggage from behind the Dining Hall  
> Have one of your Camper's Counselors sign this form  
> When you are ready, staff will collect this form at exit

**FOR CHECK-OUT DAY ONLY**  
\_\_\_\_\_  
AUTHORIZED PICK-UP Signature STAFF Signature



# Y Camperships

## Financial Assistance YMCA Camp Loma Mar

**We believe every child deserves the opportunity to experience overnight camp.** Thanks to the generous support of our donors, the YMCA seeks to ensure no child is denied access based on their ability to pay. Funds are limited and are “first come, first served”.

### ELIGIBILITY

- All applicants must reside in the service area of The YMCA of the East Bay (most cities in Contra Costa, Alameda, Solano, and San Mateo Counties).
- Families must contribute a minimum of \$100
- Applicants will be expected to pay the remaining portion of the program fee by two weeks prior to the start of the session.
- Camperships are awarded based on a sliding scale that takes into consideration family size, family situations and gross monthly household income, including employment and non-employment income such as welfare, child support, unemployment, etc.
- Additional documents to verify income may be required. Not all applicants will receive a campership.
- Camperships are approved for a percentage of the full fee of camp and are for the cost of camp only.
- In most cases, camperships will be approved for only one session of camp per family.
- Transportation fee and camp store money are not included.

### APPLICATION CHECKLIST

To ensure your application is valid, please submit all of the following:

- \_\_\_\_\_ Completed Campership Application for Summer Camp
- \_\_\_\_\_ Completed Family Camp Registration Form for Family Camp
- \_\_\_\_\_ \$100 deposit (refundable if campership is not approved)
- \_\_\_\_\_ And ONE of these options for income verification:

#### Option 1:

YMCA of the East Bay members currently receiving financial assistance at a membership branch are automatically eligible for the same percentage campership up to 70%. Include this on step 3 of the application.

#### Option 2:

Most recent Federal Income Tax Return

#### Option 3:

Last 2 months of paycheck stubs for all adults in the household

#### Option 4:

Last 2 months of verification of all other income sources (SSI/TANF/AFDC, Food Stamps, Alimony, etc)

### NOTIFICATION & ACCEPTANCE PROCESS

Final approval and processing can take up to two weeks. Failure to submit a valid packet will result in a delay of your application being reviewed. Upon review and approval, parent/guardian will be emailed a notification and will need to accept the awarded campership within two weeks of notification. Failure to accept campership will result in forfeiture of award.

**Send applications to: [clminfo@ymcaeastbay.org](mailto:clminfo@ymcaeastbay.org)**



# YMCA of the East Bay Camp Loma Mar

## Overnight Camp Campership Application

### 1. Applicant Information — PLEASE PRINT CLEARLY

Name of Person Filling out this Form \_\_\_\_\_

---

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

---

Zip Code \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

### 2. All Persons Living in this Household

Parent/Adult 1 \_\_\_\_\_ Employer \_\_\_\_\_

---

Parent/Adult 2 \_\_\_\_\_ Employer \_\_\_\_\_

---

Child \_\_\_\_\_ Age \_\_\_\_\_

---

Child \_\_\_\_\_ Age \_\_\_\_\_

---

Other Dependent \_\_\_\_\_ Age(s) \_\_\_\_\_

### 3. Is your child/family currently receiving financial aid at another YMCA of the East Bay branch?

\_\_\_\_\_ NO \_\_\_\_\_ YES (Branch \_\_\_\_\_ % awarded \_\_\_\_\_)

### 4. How much do you feel you can contribute? \$ \_\_\_\_\_

### 5. Monthly Household Income Fill in boxes with all financial resources your family receives per month

	Adult 1	Adult 2	Children	Total
Earnings (Salary, Wages, Commission, Retirement/Pension)				
All other assistance: (Alimony/Child Support, SSI/SSA, Disability, Unemployment, Foodstamps, HUD) Please indicate amount & source				

### 6. Please tell us a little about your family's background or special circumstances that would help us better understand your family's need for assistance. (Attach additional page if necessary)

7. Is this your family's first year at this camp? \_\_\_\_\_ Yes \_\_\_\_\_ No  
 Are any children a Foster Child? \_\_\_\_\_ Yes \_\_\_\_\_ No  
 Have you received a Campership from us before? \_\_\_\_\_ Yes \_\_\_\_\_ No

8. I certify that the above information is true and complete and that I do not have additional income not represented above. I understand that if I falsify any of the above information, I will not be eligible for assistance now and/or in the future. I understand that camperships are based on need. In the event my child must cancel his/her participation, I will contact the YMCA immediately so campership can be provided to others. I understand the above agreement and my obligations as well as the YMCA's policies for payments.

Signature of person completing this form \_\_\_\_\_ Printed Name \_\_\_\_\_ Date \_\_\_\_\_

**\*\* Please Print & Sign form & return to YMCA office indicated on reverse. \*\***



# Camp Loma Mar

## Camper Health History Form

**DO NOT MAIL**  
Please bring form to  
camp on check-in day.

**CAMPER NAME:** \_\_\_\_\_ **Birth Date** \_\_\_\_ / \_\_\_\_ / \_\_\_\_ **Age:** \_\_\_\_\_ **Gender:** \_\_\_\_\_  
Last First

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Parent/Guardian Name 1:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **Occupation:** \_\_\_\_\_

**Parent/Guardian Name 2:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **Occupation:** \_\_\_\_\_

**Family Email Address:** \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **Cell:** \_\_\_\_\_

**IMMUNIZATION HISTORY** Are all immunizations up to date?  Yes  No **Date of last tetanus shot (if known):** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Family Physician:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **Date of last physical exam: :** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Insurance Carrier:** \_\_\_\_\_ **Policy and/or group #:** \_\_\_\_\_

**Present (please check) — If YES for asterisk \* items, please provide a detailed description on the back of this form.**

- |   |  |  |
|---|--|--|
| <b>Currently under Dr. care*</b> <input type="checkbox"/> Yes <input type="checkbox"/> No | <b>ADD/ADHD</b> <input type="checkbox"/> Yes <input type="checkbox"/> No               | <b>No Head Lice (recent)</b> <input type="checkbox"/> Yes <input type="checkbox"/> No        |
| <b>Heart defect/disease*</b> <input type="checkbox"/> Yes <input type="checkbox"/> No     | <b>No Autism</b> <input type="checkbox"/> Yes <input type="checkbox"/> No              | <b>Chicken Pox</b> <input type="checkbox"/> Yes <input type="checkbox"/> No                  |
| <b>Recent hospitalization*</b> <input type="checkbox"/> Yes <input type="checkbox"/> No   | <b>No Asperger's Syndrome</b> <input type="checkbox"/> Yes <input type="checkbox"/> No | <b>No Measles</b> <input type="checkbox"/> Yes <input type="checkbox"/> No                   |
| <b>Asthma*</b> <input type="checkbox"/> Yes <input type="checkbox"/> No                   | <b>No Bedwetting</b> <input type="checkbox"/> Yes <input type="checkbox"/> No          | <b>No German Measles</b> <input type="checkbox"/> Yes <input type="checkbox"/> No            |
| <b>Seizures*</b> <input type="checkbox"/> Yes <input type="checkbox"/> No                 | <b>Sleepwalking</b> <input type="checkbox"/> Yes <input type="checkbox"/> No           | <b>No Other diseases/conditions</b> <input type="checkbox"/> Yes <input type="checkbox"/> No |
| <b>Diabetes*</b> <input type="checkbox"/> Yes <input type="checkbox"/> No                 | <b>No Tuberculosis</b> <input type="checkbox"/> Yes <input type="checkbox"/> No        |  |

**For each YES, please explain:** \_\_\_\_\_

**Dietary Restrictions?**  Yes  No \_\_\_\_\_

**Any reason to restrict full activity including swimming, long hikes, strenuous physical games?**  Yes  No

**Any current mental, or psychological conditions requiring special consideration or restrictions?**  Yes  No

**For each ✓ Yes, please explain:** \_\_\_\_\_

**Current medications: to be continued at camp:** *(use additional pages if necessary)*

**Med Name, Dosage** \_\_\_\_\_ (Circle frequency) **Breakfast, Lunch, Dinner, Bedtime, as needed, other time** \_\_\_\_\_

**Med Name, Dosage** \_\_\_\_\_ (Circle frequency) **Breakfast, Lunch, Dinner, Bedtime, as needed, other time** \_\_\_\_\_

**Med Name, Dosage** \_\_\_\_\_ (Circle frequency) **Breakfast, Lunch, Dinner, Bedtime, as needed, other time** \_\_\_\_\_

**Inhalers or EpiPens brought to camp?** List what for and instructions \_\_\_\_\_

**Other Medication Instructions for Health Care Staff:** \_\_\_\_\_

**Non-Prescription Medications I authorize the following medications or generic equivalent to be administered as needed:**

- |   |   |   |  |
|---|---|---|--|
| <b>Cough/Sore Throat Drops</b> <input type="checkbox"/> Yes <input type="checkbox"/> No | <b>Metamucil</b> <input type="checkbox"/> Yes <input type="checkbox"/> No | <b>Pepto Bismol</b> <input type="checkbox"/> Yes <input type="checkbox"/> No      | <b>Cough Syrup</b> <input type="checkbox"/> Yes <input type="checkbox"/> No    |
| <b>Acetaminophen (Tylenol)</b> <input type="checkbox"/> Yes <input type="checkbox"/> No | <b>Benadryl</b> <input type="checkbox"/> Yes <input type="checkbox"/> No  | <b>Ibuprofen (Advil)</b> <input type="checkbox"/> Yes <input type="checkbox"/> No | <b>Hydrocortisone</b> <input type="checkbox"/> Yes <input type="checkbox"/> No |

**Ethnicity (for statistical reporting only)**  
 Black/African American     Asian/Pacific Islander     Hispanic/Latino  
 White/Caucasian     Native American     Other: \_\_\_\_\_

**Parent/Guardian Authorization:** This Health History is correct, so far as I know, and the person herein has permission to engage in all prescribed program activities. I give permission to the physician selected by the YMCA to order x-rays, routine tests, and treatment for the health of my child, } and in the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the YMCA to hospitalize, secure proper treatment for, and to order injection and/or anesthesia and/or surgery for my child named above. Recognizing that the YMCA will do its best to ensure a safe experience, I understand that certain dangers or accidents may occur. I hereby release the YMCA from all responsibility and liability of any nature, including claims from injury, illness, death, loss, or damage, resulting from my child's participation in program activities. I also give the YMCA and its staff permission to treat my child to the extent they are trained to do so and to administer any/all medication prescribed by the child's doctor and any/all approved non-prescription medications.

This form may be photocopied for use away from the main program site. I authorize the YMCA staff to apply sunscreen to my child's exposed skin, on an as-need basis.

**Parent/Guardian Authorization:** I agree that any camp participant's belongings may be searched outside the participant's presence for drugs, alcohol, weapons or other forbidden objects.

**Signature of Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Photographic Waiver/Consent:** I give my permission to the YMCA of the East Bay to use my picture or other likeness, or a picture of other likeness of any of my children in the YMCA's general publicity and campaign materials.

**Signature of Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_



# YMCA of the East Bay

## Member/Children Release and Waiver of Liability and Indemnity Agreement

IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA (or for my children to so participate) for any purpose, including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgment that such premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children.

**IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE INCLUDING, BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY OFF-SITE PROGRAM AFFILIATED WITH THE YMCA, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:**

1. THE UNDERSIGNED ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the YMCA and all branches thereof, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefor on account of injury to the person or property or resulting in death of the undersigned or such children whether caused by the negligence of the releasees or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any, loss, liability, damage or cost they may, incur due to the presence of the undersigned or such children in, upon or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releasees or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releasees or otherwise while in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

**I HAVE READ AND UNDERSTAND THIS DOCUMENT AND RELEASE.**

**Date:** \_\_\_\_\_ **Signature of Parent:** \_\_\_\_\_

**Name of Child in Program:** \_\_\_\_\_



# YMCA of the East Bay

## Waiver of Liability and Indemnity Agreement

### Camp Loma Mar Climbing Wall/Zipline

**Assumption of Risk** I understand that participation in the Climbing Wall/Zipline (“Recreational Activity”) and the use of YMCA of the East Bay (“YMCA”) facilities and equipment carries inherent risks and dangers that cannot be eliminated regardless of the care taken to avoid injury. The risks include but are not limited to falling off the climbing wall or zipline, rope abrasion, rope entanglement, injuries resulting from fallen climbers or dropped items, equipment failure of ropes, slings, bolts, chains, climbing hardware, anchor points, or failure of any part of the climbing wall structure or zipline structure. These risks may result in injuries that include, but are not limited to cuts, eye injuries, blindness, broken bones, concussions, joint or back injuries, paralysis, and death, as well as damage or loss of personal property. I also understand that these risks and dangers might arise for a variety of reasons, including, but not limited to, actions, inaction or negligence of other parties or the YMCA. I further understand that there may be other risks and dangers that are not known to me or reasonably foreseeable at this time. By my signature below, I acknowledge that participation in the Recreational Activity is voluntary and that I knowingly assume any and all risks, known and unknown.

**Waiver and Release of Liability** In consideration of being permitted to participate in the Recreational Activity, I, for myself, my spouse, my child(ren), my heirs, personal representative, next of kin, and assigns, voluntarily agree to release, waive, discharge, and covenant not to sue the YMCA and their officers, directors, agents, volunteers, and employees from any and all liabilities for any accident, illness, injury, death, wrongful death, or property damage/loss arising out of my participation in the Recreational Activity and/or use of the facilities and equipment (along with the use of transportation provided, arranged, or paid for by the YMCA, including such transportation for medical treatment), whether occurring on or off the Released Parties’ property, and whether such accident, illness, injury, death, wrongful death, or property damage/loss is caused by the negligence of the Released Parties (excepting gross negligence) or otherwise.

**Indemnity Agreement** In consideration of being permitted to participate in the Recreational Activity, I voluntarily agree to indemnify and hold harmless the YMCA and their officers, directors, agents, volunteers, and employees from any and all claims, demands, liabilities, causes of action, costs and expenses (including attorneys’ fees) brought as a result of my participation in the Recreational Activity and/or use of the YMCA’s facilities and equipment (along with the use of transportation provided, arranged, or paid for by the YMCA, including such transportation for medical treatment), whether caused by the negligence of the YMCA (excepting gross negligence) or otherwise.

**Severability** I understand and acknowledge that this Agreement is intended to be as broad and inclusive as permitted by law. If any portion of this Agreement is deemed invalid, it is agreed that the remaining portion of the Agreement shall continue in full legal force and effect.

There is no specified minimum/maximum age for participants. Determination as to who can and cannot use the climbing wall and zipline will be made based on weight requirements of the harnesses and at the discretion of the staff and based on the requirement that the harness must fit participant securely.

**Minor Participants** If the Participant is under 18 years of age, the Participant’s custodial parent or legal guardian must sign below, warranting that he or she is the Participant’s custodial parent or legal guardian and agreeing to the terms and conditions of this Agreement on both his or her and the Participant’s behalf. Parent or legal guardian acknowledges by their signature that they are giving up the same rights for the minor as they would be giving up if they signed this Agreement on their own behalf.

I have read this Agreement and understand that **I am giving up substantial rights by signing this Agreement and do so voluntarily and intend my signature to be a complete release of any and all liability of the Released Parties to the greatest extent allowed by law.** I also understand that this Agreement is legally binding on me and my child, spouse, heirs, personal representatives, assigns, and next of kin.

---

<b>Participant’s Name</b>	<b>Date of Birth</b>
<b>Participant’s Signature</b>	<b>Date</b>
<b>Parent/Guardian’s Signature</b> (If Participant is a Minor)	<b>Date</b>
<b>Parent/Guardian’s Printed Name</b>	



# YMCA Camp Loma Mar Parent's Guide

9900 Pescadero Creek Rd. Loma Mar, CA 94021

(650) 879-0223 • [clinfo@ymcaeastbay.org](mailto:clinfo@ymcaeastbay.org) • [camplomamar.org](http://camplomamar.org)

## WELCOME CUBS, BOBCATS, MOUNTAIN LIONS, LITs & CAs

We are thrilled that you've chosen YMCA Camp Loma Mar for your child this summer. In this Parent's Guide many of your questions will be answered. For additional info visit [camplomamar.org](http://camplomamar.org) or call the camp office at (650) 879-0223.

### ARRIVAL SUNDAY 2 PM

Please arrive on opening Sunday between 2 and 3:30 pm.

Remember to bring your:

- Admission Form
- \$25-50 Store Money
- Medications
- Health History Form

### DEPARTURE FRIDAY 3:30PM

Photo ID is required.

We invite parents and families to join us on Friday afternoon for a family BBQ.

- Check-out starts at 3:30 pm and ends at 5 pm
- Family BBQ 3:30 pm – 4:30 pm
- Meet and greet 3:30 pm – 5 pm
- If camper is staying multiple weeks, they will be included in our holdover program at no charge and do not need to leave camp.

### DIRECTIONS TO CAMP

Address: 9900 Pescadero Creek Road, Loma Mar, CA 94021

Online map programs should give you good directions; the easiest way to get to Camp Loma Mar is to come in from Highway 1 and through Pescadero.

NOTE: Highway 84 is a very curvy road, not ideal for those prone to carsickness.

### BUS TRANSPORTATION

We offer bus service to and from Camp Loma Mar. **You must sign-up during the online registration process or call the camp office.** Seating is limited and the fee is \$75 for One-Way or \$100 Round Trip, per session. Schedule changes are communicated via social media or phone call.

**Bus Schedule:** There are two pick-up and drop off locations:

- **EM Downer YMCA**, 263 So. 20th St, Richmond 94804  
Departure at 12:30pm Sunday, arrive 30-minutes early to check in
- **Oakland YMCA**, 2350 Broadway, Oakland 94612 - Departure at 1:00pm, arrive 20-30 minutes early to check in

Returning bus arrives to Oakland YMCA at 2:30pm Friday and to EM Downer YMCA at 3:15pm on Friday.

**Bus Rules:** Stay seated. Keep arms and hands inside. No throwing articles out of the window. Make at least one new friend! Any problems — please alert the Bus Supervisor.

### CABIN MATE REQUESTS

Please know that cabin mate requests must be mutual (other parents must request your child, too) with campers in the same program and within 1 year of age and grade of one another. Campers can have a max of 3 Buddy Requests. We will do our best to honor these requests based on overall camp enrollment and provided they are made at least two weeks prior to the start of camp. Note: Most campers come alone. Making new friends is a big part of the camp experience! If you have any questions please contact us: (650) 879-2100 or email [clinfo@ymcaeastbay.org](mailto:clinfo@ymcaeastbay.org)

### BEHAVIOR AT CAMP

At camp, we foster an environment filled with friendship, respect, and character development. Campers that cannot live within the rules of camp, or are adversely affecting the experience of other children will be dismissed without a refund. Parents are then responsible to come to camp and pick up their child.



# Health & Safety



## Health History

Health History forms are required to be completed prior to drop off. State Health Codes also require that Immunizations are up to date. If a child has any severe health conditions, has recently stopped taking a behavioral medication, or has recently been under a doctor's care, please provide a detailed note regarding the camper's condition on the Health History Form.

## Pre-Camp Health Screening

We encourage parents to conduct a routine health screen on their camper the day of arrival at camp. We are especially concerned about contagious conditions including flu, fever, pink eye, chicken pox, bed bugs, Covid-19, or head lice. A screening upon arrival at camp will also be conducted by our counselors. If any camper exhibits symptoms of illness the parents will be responsible for taking them to the doctor.

## Medications

**All medications**, including over the counter medications are submitted to health care staff at check in (State Law), this includes vitamins, allergy pills, lactaid pills, and creams. Prescription drugs must be in the original container with physician's instructions, all other medication must also be in the original container with legible dosage information. If there is more than one kind of medication please place the original containers into a Ziploc bag labeled with camper's name. You will be asked to provide complete written directions on dosage and frequency and verify instructions for dispensing your child's medications upon arrival.

## Insurance

You, as parent or guardian, are responsible for any medical costs incurred while at camp. Be sure to provide accurate information regarding your insurance carrier on the Health History Form.

## Homesickness

Going away to camp can sometimes be a challenging event for children. We understand parent concerns and will work with you to ensure that your camper has a positive experience. Our first practice is very simple — **PREVENTION**. We find that keeping campers busy is the best antihomesickness strategy around. Sometimes, however, children still experience varying degrees of anxiety. We work to help homesick campers overcome their difficulty. Most of the time we are successful.

If your child is not adjusting well, we will phone you to report and discuss possible courses of action.

**Please be sure to provide us with complete EMERGENCY CONTACT information. Especially if you are traveling or going on vacation!**



**Our practice is to call you if a camper is out of program for more than two hours.**

**Allergies:** We will do our best to accommodate the needs of severe allergies.

**Dietary:** Please contact our Food Service Director at least two weeks in advance with questions regarding dietary needs: **Elsah Payne [epayne@ymcaeastbay.org](mailto:epayne@ymcaeastbay.org) or (650) 879-2103**

**Dietary:** If your camper is sick, please do not send them to camp. Please contact the office and we will try to reschedule their camp session in cases of documented illness. For illness during camp, campers are housed in the Health Center for a brief period, but will need to be picked up if their health does not improve. We will call you if your child is out of program for more than two hours (sometimes they are just tired and need to rest!) We will also call you to report any accidents more severe than a simple scratch or splinter.



## Mail Call & More

### Phone Calls Home

There is not an opportunity for campers to call home during the week. However, if a camper is feeling anxious and asks to call home, we will make it happen! We want all campers and parents to feel comfortable with their experience. If a phone call helps, then we will find a time in between activities to work that out. Our staff may also contact you to discuss information about goals, behavior, homesickness, or even a special achievement.

### Visiting Days

We do not encourage parent visits during programs. Our Friday family BBQ provides ample time for your camper to tour you around camp, meet friends, and tell you all about their week.

### Mail

**Campers love receiving letters from home while they are at camp.**

#### SAMPLE ADDRESS

**Camper's Name, Session # \_\_\_\_\_**  
**YMCA CAMP LOMA MAR**  
**9900 Pescadero Creek Rd**  
**Loma Mar, CA 94021**



### Lost & Found

We manage lost and found items through the camp session. On check out Friday, be sure to check our display of any unclaimed items. If you discover something is missing upon your return home, call the camp office as soon as possible. After 2 weeks, we will donate any unclaimed items to a local charity.

**Please write your camper's name on all their items to reduce the chance of it being added to lost and found.**



### Online Photo Gallery

We offer online pictures for the parents of our campers to view. This service allows you a "one-way window" into camp life. You can also choose to send messages to your child. Please limit messages to 1 per day. Messages are delivered by dinner Sunday-Thursday. You will receive instructions prior to camp and at check-in for how to enroll. Our photographer tries to include all children in the photo gallery, but due to timing and camera shyness **not all campers will be in a photo every day.**

### Camp Store

Our camp store sells shirts, souvenirs, drinks, and snacks. Campers do not use cash at the store. Instead, parents deposit \$25-\$50 per week into a store account. Campers can purchase items during the week and "charge" against their balance. Unused store money can be donated to the Special Projects Fund at the end of summer. Snacks are \$1-\$2 depending on the item.

### ELECTRONICS AT CAMP

Camp provides campers a chance to live without electronic devices and daily social media. For security, safety, and a number of other reasons, we do not permit cell phones, iPods, computers, netbooks, electronic games, or similar devices. **If these items are brought to camp, they will be stored in a secure place and returned to parents at the conclusion of the session.**

**We are not responsible for damage or loss of any electronics brought to camp.**

# Equipment



This equipment list is planned for **ONE WEEK** at camp. Pack additional items for a two week stay. Please mark camper's name on each item. The YMCA is not responsible for lost or damaged personal articles. Please leave valuables at home. **Pack old stuff!** There's lots of dust and dirt at camp. New clothes/shoes will need a good wash when camp ends.

## ESSENTIALS

### Required Items:

- Sleeping bag
- Pillow
- 2 pairs of long pants
- 5 pairs of shorts
- 1-2 sweatshirts or jackets & 1 warm jacket
- 6 T-shirts
- 1-2 swim suits
- 8 pairs of underwear
- 8 pairs of socks
- Pajamas
- 2 pairs of sturdy sneakers & pair that can get wet
- 1 hat or cap with brim
- 2 towels & washcloth
- Toiletries: soap, toothbrush, toothpaste, shampoo
- Comb/brush
- Lip balm, chapstick
- Sunscreen lotion
- Water bottle or canteen
- Flashlight or headlamp

### Optional Items:

- Book, reading materials, journal
- Stationary, stamped envelopes
- Camera
- Sunglasses
- Insect repellent
- Guitar or Drum
- YMCA Rag (if camper has one)
- White 100% cotton t-shirt for tie-dying
- Personal sports equipment that may enhance the camper's experience

### Note for Campers of Driving Age

If you allow your camper to drive themselves to camp, please contact the director to make arrangements.

### Available Activities at Camp

- Zip Line, Climbing Tower
- Archery
- Swimming (Pool & Creek)
- Slingshot Paintball
- Disc Golf
- Arts and Crafts
- Field Sports, and more!

No age restrictions on our activities.

## ASK YOUR CAMPER!

Research shows that intentional questions can produce significant learning and performance benefits.

### PRE CAMP ???'s

- What's one new thing you want to try while you are away at camp?
- What's one thing you are most nervous about? How will you handle that situation once you're at camp?

### POST CAMP ???'s

- What's something new you tried at camp?
- What's the most surprising thing you learned (about yourself) while you were away at camp?
- What's the one thing that makes you want to go back to camp?
- Tell me about your new camp buddy? Favorite camp counselor?

### Laundry

Campers staying **2 weeks** will be permitted a load of wash/dry during the holdover weekend.

## NOT PERMITTED

- Video games
- Food
- Tobacco
- Valuables
- iPods/iPads
- Candy
- Weapons
- Pets
- Laptops
- Alcohol
- Fireworks
- Offensive materials
- Cell Phones
- Drugs
- Aerosol sprays

# Sample Schedule



## YMCA CAMP LOMA MAR SAMPLE WEEKLY SCHEDULE

	Sun	Mon	Tue	Wed	Thu	Fri
7 am	<b>Welcome back for another week!</b>	<b>GOOD MORNING!! Get ready for the day!!</b>				
7:45 am		Flag Raising				
8–8:45 am		Breakfast				
9 am	<b>YOU ALL ARE AMAZING!!</b>	Activity	Pick Your Adventure 1st Session = 9am 2nd Session = 10:30	Color Chaos	Pick Your Adventure 1st Session = 9am 2nd Session = 10:30	Activity
10 am		Swim Checks: Cubs 10am Bobcats 10:30am Mnt Lions 11:30am				Activity
11 am	Camp Meeting					Color Chaos 11 am–12 pm
12–1:15 pm	Lunch — Village Meetings & Chores	Lunch (Free Dismissal)				Lunch @12 pm
1 pm		Cabin Photos	<b>Siesta/Cabin Clean-up 1–1:50 pm</b>			Pack & Clean Luggage to DH Blacktop
2 pm	CHECK IN STATIONS @1:15 Find out cabin— start move in and setup dining hall table, then review expectations	<b>Pool 1: Bobcats</b>				Cabin Closing Ceremony
3 pm		Activity	Activity	Activity	Activity	
		<b>Pool 2: Cubs</b>				All campers to Redwood Village @ 3pm <i>(Bus kids collected, luggage brought to bus and sorted, go eat BBQ.)</i>
4:15 pm	Fire Drill @ 4:45	Activity	Activity	Activity	Activity	
		<b>Pool 3: Mountain Lions</b>				
		Color Chaos	Cabin Choice	Cabin Choice	Color Chaos	Meet & Greet Family BBQ
5:15 pm	Flag Lowering		Friendship Night!!	Flag Lowering		Clean Cabins & Program Areas
5:30–6:15 pm	Dinner			Dinner		
7:30 pm	Village Orientation @6:30 pm Color Chaos Ceremony @7 Campfire @7:30	Village Night	Cook Out & Night Hikes	Color Chaos Carnival	Skit Night & Candle Light	Staff Meeting @ 6 pm
9:00 pm						
9:30 pm	Embers: Camp Word	Embers: <b>Caring</b>	Embers: <b>Respect</b>	Embers: <b>Responsibility</b>	Embers: <b>Honesty</b>	
10:00 pm	<b>LIGHTS OUT</b>					