



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TIME WELL SPENT

## Retreat Planning Guide

### YMCA Camp Loma Mar



Phone: 650-879-2100

Address: 9900 Pescadero Creek Rd  
Loma Mar, Ca 94021

# TABLE OF CONTENTS

|                                                   |                   |
|---------------------------------------------------|-------------------|
| Group Reservation Procedures                      | Page 3-4          |
| Facilities                                        | Page 5            |
| Programs & Activities                             | Page 6            |
| Group Leadership & Supervision & Injury & Illness | Page 7            |
| Food and Meal Service Information                 | Page 8            |
| <b>Group Leader Checklist and Weekend Rates</b>   | Page 9            |
| Sample Weekend Schedule                           | Page 10           |
| <b>**Rules and Safety Information</b>             | <b>Page 11-12</b> |
| <b>**Directions to Camp Loma Mar</b>              | <b>Page 13</b>    |
| Frequently Asked Question                         | Page 14           |
| <b>**Weekend packing list</b>                     | <b>Page 15</b>    |
| <b>**Health History Form for Minors</b>           | <b>Page 16</b>    |
| <b>**Waivers</b>                                  | <b>Page 17-18</b> |
| <b>**Camp Map</b>                                 | <b>Page 19</b>    |

*Must sign both waivers if doing zip line and/or climbing wall*

**\*\* Sheets to photocopy and distribute to your parents/adult participants.**

Dear Group Leaders,

The information in this guide will help you plan for a successful retreat. Please carefully read through this guide to ensure that all is in order from the time you book your visit until you are leaving for Camp. As the group or retreat leader we are counting on your support by using this guide to prepare for your coming visit.

Once user agreements have been sent out and deposits are received we will contact you to plan and ask for details such as final numbers, activities, activity time requests, and cabin assignments.

I

Thank you for becoming part of our Camp family....We look forward to seeing you soon.



# GROUP RESERVATION PROCEDURE

## Contact us to check availability.

Popular weekends fill up a year in advance, call or email to request specific a date. After your visit if you wish to rebook the same weekend, please let us know within 30 days. After 30 days your date will be offered to other groups.

## Camp Tours

One of Program Directors would be happy to show you around our facility to give you a better feel for our home. Tours must be pre-arranged. The best time for tours is on Sundays between 12-4pm.

## Reserving a Weekend

After finding appropriate dates and seeing camp, the following information is needed for camp to create a user agreement for a specific week/weekend.

- 1) **Name of Group** and Sponsoring Organization
- 2) **Address, phone, fax, email** of group/sponsoring organization
- 3) **Group Leader** name, phone, email
- 4) **Estimated attendance** (a minimum guarantee of 80% of this number will be set). Groups may change their estimated attendance only up to 3 months prior to visiting, after that a minimum guarantee is set.
- 5) **Type of group: I.E.** youth, adults, women's, parent/child, families, teens
- 6) **First and last meal** you'd like served at camp
- 7) **Arrival time** (no earlier than 4pm on Friday)
- 8) **Departure time** (no later than 1pm on Sunday). Most groups depart before lunch (11am or Noon) but sleeping lodges must be vacated within one hour of your last meal.
- 9) Request for indoor or outdoor **meeting spaces** specifically for your group
- 10) Any other special requests at this time

### Three items needed for a confirmed booking:

- 1) A **signed User Agreement** returned to us is due 30-45 days from receiving user agreement
- 2) Three months before your event a **non-refundable deposit of 25%** is due.
- 3) Each group must have proof of **liability insurance** in the amount of \$2,000,000 naming the YMCA of the East Bay 2330 Broadway, Oakland, CA 94612 as additionally insured. Upon receiving the user agreement please contact your organization's insurance to begin the process of getting this proof of insurance. Please email, mail or fax this proof to our office at least two weeks prior to your visit.

*We have many groups that use our facility and to accommodate everyone we must have a deposit to hold the weekend. If a deposit and signed contract is not submitted by the due date, the weekend will become available for other groups to reserve. In the event of a cancellation your deposit will not be refunded.*

## Scheduling meals

Final meal time schedules will be available at camp on check-in day. Meal times are generally 8am, 12:15pm and 5:30pm, but if you request specific times for your group's schedule please contact Camp Staff. 6:00pm is the latest that dinner can be served. A final count of attendees for meals is due 2 weeks prior to your visit so the kitchen can order food appropriately.

Friday night dinner is only available for groups larger than 50 and only if the entire group will be arriving at the same time at least 1 hour prior to meal time. Friday dinner is an additional cost. Most groups choose to have participants find dinner on their own on the way up or in the town of Pescadero, which has multiple eating establishments.

See page 8 for more detailed meal service information.

## Scheduling activities

Due to our remote location, we must contract our program staff at higher rates. If you wish to utilize our climbing tower, zipline, archery range, and/or slingshot paintball. please contact the Program Director at least one month prior to your. Additional fees are added based on requested activities.

## Cabin assignments

Approximately 1–2 weeks prior to visit Camp Staff will provide final cabin numbers and Group Leaders are responsible for making final cabin assignments and providing the Camp Staff with these assignments via email

*(Disregard this if you plan to have someone arrive early to direct your guests to their cabins, or if you will be arriving at the same time and will inform your group members of cabin assignments)*

## Waivers & Health History Forms

It is the responsibility of the Group Leader to make sure each adult checks in. For minor children attending without their parent/guardian on-site, it is the responsibility of the Group Leader to secure a completed Health History Form and liability waiver that is signed by the child's legal parent/guardian. This form must be turned into the office upon arrival *(See page 16 of this guide)*

## Payment for services

- **A 25% deposit is due three months before your visit.**
- **All groups must provide full final payment upon arrival at camp.** Checks should be made payable to YMCA Camp Loma Mar. See page 9 for fee listing. We accept Cash, Credit/Debit, or Checks.
- Groups will be charged for **final number of attendees or minimum guarantee**; which ever is higher.



# CAMP LOMA MAR FACILITIES

- ◇ **22 sleeping cabins** with six bunks (12 beds). Redwood Village hosts 12 cabins with 142 beds total and Oak Village hosts 10 cabins with 120 beds total. Each village has a bath/shower house with multiple showers/toilets suitable for both genders. **Total capacity 262 beds.** A gender neutral bathroom and shower is also available.
- ◇ **Athletic fields** – two large spaces are excellent for sports, games, or martial arts groups.
- ◇ **Legacy Lodge:** Large indoor meeting space with fireplace, games, restrooms, great deck and view, and capacity of 150 seated, more if kids utilize floor space. (Available only by request when booking for large groups of 50 or more)
- ◇ **Outdoor Amphitheatre** with stage, seating, electricity, fire pit and lights.
- ◇ **Outdoor Redwood Inspiration Area:** Similar in size to the amphitheater, but nestled among the privacy of an old Redwood **Village** circle.
- ◇ **Dining Hall:** Seats 250 participants, meals are buffet style.
- ◇ **Creek Areas and Beaches** – Pescadero Creek provides a chance to experience a beautiful scenic area with amphitheater style exposure to the beautiful Redwoods.
- ◇ **Outdoor Programs led by Camp Staff** and multiple self-led activities available all over Camp Loma Mar property (See next page 6 for specifics)
- ◇ **Forested Trails** – various trails around our property can be used for hiking, biking, and exploring. Guided nature hike can be offered upon request.
- ◇ **Firewood** provided free of charge for appropriately sized indoor fireplaces and outdoor campfires.



Hiking Trails



Creek and Beach



Standard Cabin

# PROGRAM AND ACTIVITIES

YMCA Camp Loma Mar offers everything from a full weekend of staff-assisted programs to simply providing facility support. Our program staff and directors are here to provide a fun, challenging, adventurous, quiet, or reflective weekend. Let us know your needs so we can best work with you. Activities available to your group are determined by several factors including: group size, weather conditions, and program commitments to other groups.

## Day Time Staffed Activities

*These activities typically run on Saturdays between the hours of 9:00-12:00 PM and 2PM – 5 PM, and Sundays from 9:30-11:30AM..*

- **Climbing Wall** - a 30 foot high wall to challenge climbers both young and old. Supervised by Camp Staff.
- **Creek Stomp** - in Pescadero Creek. We provide the lifeguard and lifejackets to youngsters. You provide the desire to be cold. (Seasonally available dependent on water level and weather)
- **Archery Range** - with 10 stations allows multiple archers at a time to participate. The targets range anywhere from 15-25 feet from the archer depending on ability.
- **Zipline** - allows folks young and old to enjoy a great ride across our lower field.
- **Slingshot Paintball** - after a beautiful walk through camp, aim for the tin cans, pans, & much more.
- 

## Self-led Activities – open anytime

- **Tye Dye** - is available upon request
- **Nature Hikes** - if a guided hike is an activity your group would appreciate, please request this activity during the planning stage.
- **Ga Ga** – our most popular activity! This game involves a playground ball in an octagon pit, somewhat like dodge ball, but much more fun and safe! Easy to play, and can be addictive.
- **Field Sports** - We provide the equipment, you provide the energy!
- **Disc Golf** - 9-hole course. Please bring your own discs
- **Legacy Lodge Game Room** - Prior arrangements must be made to utilize this building. Ping pong tables and foosball are available. You may also enjoy quiet time on the deck overlooking the forest.
- **Basketball Court** - an outdoor basketball court to test out your skills.
- **Sand Volleyball Court** - Never a dull moment out here!

## Evening Activities available:

- **Campfires** and **Skit /Talent Shows** have always been an integral part of the camp experience. Songs, skits, and stories can be run by your group. For ideas, our Program Director is happy to assist!
- **Night Hikes** are a unique activity that provides an educational and mystical experience. Learn constellations, experiment with light and vision, and discover what nocturnal critters are out and about. (upon request)

# LEADERSHIP AND SUPERVISION

Group leaders are responsible for their group's behavior and must ensure all group members adhere to camp rules and monitor quiet hours/alcohol policy (*see page 11*).

## Minors

All minors (under the age of 18) must be supervised by Parent, Group Leader, or Chaperones for the duration of their stay at the YMCA. We suggest a minimum ratio of 1 adult per 8 minors be adhered to while the group is at camp. It is recommended that appropriate screening be done to include a check of the National Sex Offender Website (NSOW) and background check for all staff with access to campers. No adult should ever be alone with a child.



Youth Groups, in particular, require close supervision. During free-times, reasonable boundaries must be maintained and be supervised by chaperones and group leaders. The care and safety of all minors is primarily the responsibility of the leaders and chaperones of the group. If reasonable supervision is not provided, the camp reserves the right to remove any or all of the group's participants.

- Please make sure campers respect the privacy of others by only entering their own cabin.
- Please be aware that all emergencies and discipline problems are to be handled by the group leaders.
- All minors not accompanied by parent or guardian must have a signed **Health History Form/ Waiver to seek emergency treatment** (provided in this packet pages 16) to participate in YMCA programs. This form is to be handed in at the office at check-in.

# INJURY AND ILLNESS

**Sudden illness, medical problems, minor injury, distribution of medications and emergency transportation are the responsibility of group leaders. Always store medication under lock when not in controlled possession of administrator.** The YMCA staff are trained in routine First-Aid and CPR; however we do not provide health center staff, medications, or first aid supplies during your stay.

Each group should have at least one adult, on-site, who is certified in First-Aid and CPR for the appropriate age of attendants from a recognized provider, and who will be the designated Health Care Provider for your group. They should have immediate access to all names and addresses of all participants, emergency names and numbers, and a listing of any people with known allergies or health conditions requiring treatment, restriction, or other accommodation while on site. Any injuries at camp must be reported to the YMCA Camp Staff.

All medical costs incurred while at camp are solely the responsibility of the group or organization at camp. YMCA Camp Loma Mar does not insure individuals or groups while they stay at camp. If you or members of your group are injured at camp please contact staff so we can assist if necessary and complete an incident report.

## Closest urgent care/hospital

**Portola Ambulatory Care Center Urgent Care** - 3250 Alpine Rd, Portola Valley. 650.498.94028

**Sequoia Hospital Emergency** - 170 Alameda de las Pulgas. 844.357.3127.

# MEALS AND DINING EXPERIENCE

**Delicious and nutritious** meals are the focus of the YMCA Camp Loma Mar kitchen! Weekend groups generally eat **buffet style** to support positive smaller group and parent/child interactions. But if your group is large enough to book the entire camp then you can request a family style meal to promote conversation and community with camp or youth groups. **Healthy choices** are available for all appetites, from little campers to adults!

A salad bar with fresh vegetables is available at both lunch and dinner in addition to the main meal. At breakfast this turns into a breakfast bar with fruit, yogurt and hot oatmeal. At breakfast a cold cereal bar is also available.

We pride ourselves on our family style home cooked meals and in meeting your dietary needs. There are very few requests our experienced staff cannot accommodate. Please do your best to inform us at least two weeks in advance of your visit.

Due to varied arrival times on Friday evenings, **we do not serve dinner on Fridays**. Many guests choose to have dinner at various locations in the town of Pescadero or stop on the way up. Occasionally Friday night dinner is an option if all group members can arrive at camp by 5:30pm on Friday. A minimum group size of 50 is required for Friday night dinner. Friday dinner is an extra cost. Contact camp in advance to see if this is an option.

A final count of your group attendees for food preparation is due two weeks prior to your visit, along with a listing of the number of vegetarians, and any basic food allergies/restrictions.

Please have adult group members contact our **Food Service Director** at [epayne@ymcaeastbay.org](mailto:epayne@ymcaeastbay.org) or **650.879.2103** at least two weeks prior to your visit to discuss:

- Dietary concerns
- Food allergies
- Menus during your visit or your child's visit
- Specific questions regarding our food products



# GROUP LEADER CHECK LIST

## Retreat Planning Information & Deadlines

- ☐ Your **Weekend Retreat** is scheduled for \_\_\_\_\_
- ☐ Return signed **User Agreement** by \_\_\_\_\_ **30-45 days after receipt of user agreement** confirm estimated attendance and minimum guarantee on this contract. Attendance can be altered only up to 3 months prior to visit.
- ☐ Submit **Deposit** by \_\_\_\_\_, 3 months prior to visit to secure weekend. Pay by check, cash, or credit card.
- ☐ **Certificate of Additional Insurance** must submitted at least two weeks prior to visit
- ☐ Send any **program requests** or **special needs** to Camp Staff, when booking, or within one month of visit. Meeting spaces specific to your group must be reserved during reservation process.
- ☐ **Send Health History Forms/Waivers** to parents of minors attending without their parent/guardian at camp. Turn these in upon arrival at the camp office. We suggest you give to parents 2-3 weeks prior to the trip. *(Only for children attending without parent/guardian at camp)*
- ☐ **Final count of attendees** given to Camp Staff one week prior to visit, along with any allergies/food restrictions for the kitchen.

C

⇒

⇒

- ☐ **Collect money for final payment due upon arrival at camp**
- ☐ **Check-in time** is \_\_\_\_\_. (Check your user agreement)
- ☐ **Check-out time** is \_\_\_\_\_. (Check your user agreement)

es.

**1 night / 3 meals: \$125/person**

**2 nights / 4 meals: \$170/person**

**Additional Meals: \$18 per person/meal**



# SAMPLE WEEKEND SCHEDULE

## Friday

4:00 – 7:00pm Check-In at Camp Office  
 8:00-8:30 Hang out in the Game Room  
 10:00 Quiet Hours begin

## Saturday

7:00 Quiet Hours end  
 8:00 Breakfast  
 9:15-11:45 Staff Led Activities Open  
  
 12:15 Lunch  
 1:30-2:30 Camp Store (by request only)  
 1:30-5:00 Afternoon free-time/ Staff Led Activities Open (See page 6)  
 5:30 Dinner  
 7:00 Campfire/Skit night  
 10:00 Quiet Hours begin



## Sunday

7:00am Quiet Hours end  
 8:00 Breakfast  
 8:30-9:30 Pack up, clean and vacate cabins  
 9:30-11:45am Morning free-time / Staff Led Activities open (See page 6)  
 9:30-10pm Camp Store Hours (by request only)  
 Noon Departure from Camp.



## YMCA CAMP RULES AND SAFETY INFORMATION

### Supervision of Group Members and Children

- Group Leaders are responsible for supervision of all group members (adults and children) while at camp, and responsible for informing them of camp rules. Removal of intoxicated guests, or guests with improper conduct is responsibility of group leaders. Parents are responsible for supervision of their children at all times. Every effort should be made to minimize the potential for one on one camper/personnel situations when out of sight of others.
- Any damages incurred by children or adults will be charged to the group with a minimum of \$50/incident.
- There is a mandatory \$350 charge for every broken window.
- Anyone under the age of 18 attending without their parent/guardian must have a completed Health History/Waiver form submitted to camp office upon arrival, and must be signed by parent/guardian.
- Groups are responsible to provide first aid emergency care, first aid supplies, activation of EMS and emergency transportation for their participants if necessary.

**Arrival/Departure:** All groups must adhere to the check-in and check-out times specified on the User Agreement.

**Check-in** begins no earlier than 4:00pm on Fridays; cabins will not be available before this time. **All adults must check in and sign waiver for themselves and children at office upon arrival at camp.**

**Check-out** – groups must be **moved out of lodges one hour after their last meal** to allow for cleaning of the facilities. Camp activities are generally open until departure (check your schedule). Bathrooms are available at the central bathroom facility by the camp office.

**Alcohol** or **illegal drugs** are not permitted anywhere at Camp Loma Mar.

**Smoking** – for fire safety smoking is only allowed in the middle of the parking lot, please be at least 50 feet away from any building.

**Personal Sports Equipment** – you may bring personal equipment. The YMCA is not responsible for any broken, lost, or stolen items. You must wear helmets and other approved safety gear when necessary.

**Vehicles** – Follow all posted speed limits. Please park in designated spots. You must have insurance to drive on YMCA property.

### **SAFETY**

- All group leaders must make sure this camp information is distributed to all participants, or ensure participants attend camp orientation at the beginning of the trip.
- We are in **Mountain Lion** country. It is rare, but if you see one, raise your hands up high and make lots of noise to scare them away. YELL "GO AWAY BIG KITTY!"
- Please do not feed wild animals.
- If you see a **Rattlesnake**, back away slowly, do not try to move it, and then tell camp staff where you saw it.
- Please do not let children hike on forested trails without an adult.
- Food in cabins attracts unwanted pests.

## **EMERGENCIES**

- Groups are responsible for their own first aid and emergency transport. But if you cannot find your group leader, or need help, please find a Camp Staff in dining hall, office or program areas.
- Group Leaders have access to a camp radio in order to reach the Director On Call if you cannot find a Camp Staff. Our Health Center is **not** staffed on weekends. A phone is also located in the office.
- **EMERGENCY BELL:** If you hear the bell ringing continuously, this is our emergency siren. Assemble on the upper field by the dining hall and await instructions.
- **Closest urgent care/hospital** (See page 7)
- If you or members of your group are injured at camp please contact staff so we can assist if necessary and complete an incident report.

## **OFF LIMITS AREAS**

- Please **stay on trails** when hiking, we do have some **poison oak!**
- Swimming is not allowed in the creek. Climbing Wall, Pool, Archery, Zipline, and Slingshot Range are off limits without a Camp Staff. Please STAY OUT of construction areas, maintenance areas or equipment.

## **OTHER**

- **Pets are not permitted** at camp (unless service animal).
- **FIRES** only allowed in established fire pits or fireplaces only. They must be supervised by adults and extinguished at the end of your campfire program.
- Drink plenty of **water** to avoid dehydration.
- Please no candles/smoking on **grass fields** (this is how forest fires start).
- **No Candles**, incense or open flames in cabins.
- **Weapons** of any kind are not permitted at camp.
- Camp Loma Mar is a shared facility; there may be other guests on property.
- Keep valuables locked in your car.
- **Cabin care:** please turn off lights, close doors and windows when leaving. Please do not stick tape on windows or walls. Sticky tack is best, and groups are expected to clean their cabin upon departure. Groups who do not leave their facilities clean are subject to a cleaning fee of \$50/cabin.
- **Quiet Hours go from 10pm until 7am**, please show courtesy for other guests, staff on property and our neighbors.

**Please read through and advise all group members of YMCA policies to ensure the wellbeing and happiness of all participants at Camp.**

## DIRECTIONS TO YMCA CAMP LOMA MAR

### 9900 Pescadero Creek Rd, Loma Mar, CA 94021

*These Directions are the simplest way to reach YMCA Camp Loma Mar. Internet map-programs or GPS devices are quite accurate. However, there is no cell phone reception for 10 minutes in either direction. These are the tried and true methods from those of us who drive them often.*

**Camp Phone: 650-879-2100**

#### **From Half Moon Bay – If you get car sick, go this way**

- Take **Highway 1 South** to Pescadero.
- Continue East on **Pescadero Creek Rd** towards Pescadero.
- Go straight through the stop sign, and continue **8 miles**.
- Follow **CA-78 East** through the small towns of Santa Ysabel and Wynola.
- Turn **right** when you see the large sign for YMCA Camp Loma Mar on your right hand side
- As you enter Camp, keep driving until you reach the camp office.
- Park your car, please check in at office and enjoy your stay with us.

#### **From Santa Cruz**

- Take **Highway 1 North** to Pescadero.
- *CONTINUE WITH DIRECTIONS ABOVE*

#### **From Redwood City**

- From **I-280** take Woodside Rd / **Highway 84 West**.
- Pass through the town of Woodside (Buck's is a great restaurant!) and continue on Highway 84 for 21 miles towards La Honda.
- Turn Left on **Pescadero Creek Rd** 1 mile after you pass through the town of La Honda.
- Continue on Pescadero Creek Rd for 5 miles then turn left when you see the YMCA Camp Loma Mar sign on your left (*WE ARE THE SECOND YMCA CAMP - WE ARE NOT CAMP JONES GULCH!*)



# FREQUENTLY ASKED QUESTIONS

## Will we have exclusive use?

Unless your group is large enough to take all of the cabins (262 beds), then there will most likely be another group on site. Groups will have their own set of sleeping cabins, but be sharing the dining hall and activity areas.

## What is the weather like?

Generally we moderate weather during the months of April through November. The weather is always cool in the evenings and nights. You should always bring long pants, sweatshirt, and warm hat for evening night hikes or campfires, but day times can still be warm so short sleeves and shorts are also great to have. (See packing list on page 15)

Generally we get quite a bit of rain between December and April. .

## What happens if it rains?

Many of the activities can still continue in the rain. Archery, Zipline, and paintball slingshots will be dependent on the weather; climbing can still happen in the rain as long as it's not down pouring. We can provide some alternative indoor activities such as Bingo, Crafts, S'more making, Movie, or Nail Painting. We also have a large indoor recreation room with ping pong, board games, and other activities if needed. For evenings at Camp Loma Mar we have two indoor spaces with a fireplace for indoor campfires.

## What happens if the power goes out?

We have generators that power most everything including bath/shower houses and cabins. We are currently under construction on a generator system that powers the dining hall. However, we can still provide high-quality food service in the event of a power outage (We may need to make adjustments in meals accordingly).

Roads to camp may have heavy debris in the event of a wind storm. Please remain vigilant at all times when traveling on our mountain roads.



## WEEKEND SUGGESTED PACKING LIST

### YMCA Camp Loma Mar

#### Necessary Items

- ◇ Pillow
- ◇ Sleeping bag (or linens), twin size fitted sheet is nice for mattress cover.
- ◇ Towel
- ◇ Water Bottle
- ◇ Flashlight and extra batteries
- ◇ Sunscreen, Lip balm
- ◇ Close toed shoes (i.e. sneakers); we do not recommend flip flops for walking around camp or hiking. *Sandals are not allowed for climbing the climbing tower.*
- ◇ Toiletries and clothes for the weekend
- ◇ Remember to bring warm clothes (It can be very cool at night): Warm hat for night hikes, jacket, long pants
- ◇ Poncho/Rain Jacket (just in case)
- ◇ Water proof boots/shoes. Or small plastic bags to go over your socks if you don't have waterproof gear.

#### Optional items you might like to have with you

- ◇ Camera
- ◇ Sunglasses and Hat with a brim – sun can be bright after it rains
- ◇ Flip flops for the shower
- ◇ Board games, cards, books, things to do in your lodge
- ◇ Sports/games equipment. *Camp has a variety of sports equipment, but you might like to bring a few outdoor games of your own.*
- ◇ Snacks/drinks to keep in your cabin (remember to keep your food in a rodent proof container). Please keep coolers on cabin porches. (Alcohol is not allowed)
- ◇ Extra plastic bags
- ◇ Laundry bag
- ◇ Swim suit/goggles– if attending in March through November when the pool is open and if your group has reserved the pool.
- ◇ Money for the camp store if interested.

#### Adults only

- ◇ First aid kit
- ◇ Cell phone and charger
- ◇ Matches/lighter if planning on starting a fire in your fireplace
- ◇ Necessary medications for yourself or children

#### Group Leaders

- ◇ Roster of attendees, and final count
- ◇ First Aid kit /medications for campers
- ◇ Emergency contact info for all group members
- ◇ Final payment
- ◇ Health forms *(for youth attending without their parent/guardian)*
- ◇ Cabin assignments
- ◇ Supplies for any of your own activities
- ◇ Vehicle for medical transport – if your group is coming on buses you will need at least 1 vehicle to take participants to urgent care if needed

#### NOT permitted

- Alcohol
- Illegal drugs
- Pets
- Gum
- Weapons
- Smoking is only permitted in specific locations for adults only

#### C.

**Note** All cabins have electricity and outlets. Please keep valuables locked in your car.



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA 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: \_\_\_\_\_ Home Phone: \_\_\_\_\_

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

Parent/Guardian 2 Name: \_\_\_\_\_ 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): \_\_\_\_/\_\_\_\_/\_\_\_\_

**\*\*COVID-19 VACCINATION IS REQUIRED** Date of first shot: \_\_\_\_/\_\_\_\_/\_\_\_\_ Date of Second shot: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Medical Information

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

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

**Past or Present (please check). If YES for asterisk \* items, must have a Doctor's Authorization completed.**

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

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

|                                                                                                                                                                   |                                                                                               |                                                                         |                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| <b>Allergies:</b> Bee Stings <input type="checkbox"/> Yes <input type="checkbox"/> No<br>require EpiPen? <input type="checkbox"/> Yes <input type="checkbox"/> No | Food Allergies <input type="checkbox"/> Yes <input type="checkbox"/> No<br>List _____         | Poison Oak/Ivy <input type="checkbox"/> Yes <input type="checkbox"/> No | Penicillin <input type="checkbox"/> Yes <input type="checkbox"/> No                |
| Other insect/animals <input type="checkbox"/> Yes <input type="checkbox"/> No<br>List _____                                                                       | Any airborne allergies <input type="checkbox"/> Yes <input type="checkbox"/> No<br>List _____ | Hay Fever <input type="checkbox"/> Yes <input type="checkbox"/> No      | Other Drugs <input type="checkbox"/> Yes <input type="checkbox"/> No<br>List _____ |

**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:

Cough/Sore Throat Drops ☐ Yes ☐ No Metamucil ☐ Yes ☐ No Pepto Bismol ☐ Yes ☐ No Cough Syrup ☐ Yes ☐ No

Acetaminophen (Tylenol) ☐ Yes ☐ No Benadryl ☐ Yes ☐ No Ibuprofen (Advil) ☐ Yes ☐ No Hydrocortisone ☐ Yes ☐ No

**Ethnicity** ☐ Black/African American ☐ Asian/Pacific Islander ☐ Hispanic/Latino  
(for statistical reporting only) ☐ 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-needed 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:** \_\_\_\_/\_\_\_\_/\_\_\_\_



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 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: \_\_\_\_\_



**WAIVER AND RELEASE 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.

|                                                         |               |
|---------------------------------------------------------|---------------|
| <hr/>                                                   | <hr/>         |
| Participant's Name                                      | Date of Birth |
| <br><hr/>                                               | <br><hr/>     |
| Participant's Signature                                 | Date          |
| <br><hr/>                                               | <br><hr/>     |
| Parent/Guardian's Signature (If Participant is a Minor) | Date          |
| <br><hr/>                                               |               |
| Parent/Guardian's Printed Name                          |               |

the **CAMP LOMA MAR**  
YMCA

