



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA/APYC CAMP KEKOKA

## OVERNIGHT CAMP

### 2025 Parent Guide

Thank you for choosing YMCA/APYC Camp Kekoka for your summer fun! We believe every child deserves a moment in the sun, a chance to learn, a special time to grow, and a special time to make friends and become a better person. At Camp Kekoka, the core values of YMCA living-caring, honesty, respect and responsibility shape the best moments of childhood into unforgettable memories. Campers come to camp to have fun. Having fun means making friends, being part of a group and feeling liked, respected and appreciated.

At Camp Kekoka, we believe, through their participation at camp, have opportunities to gain a sense of self-worth, and are able to share, assume responsibility and cooperate effectively with others. We believe this process must include opportunities for children to think critically and make decisions. In this context, participation in camp cannot help but give a child a sense of competence, which is certainly equated with a feeling of confidence.

The relationship between campers and staff is perhaps the most important building block to the successful camp experience. Camp Kekoka counselors are warm, understanding and friendly. The counselors are fun, loving, mature and sincere in their desire to provide each child with a safe and enjoyable camp session.

Spirituality is a natural part of each day's camp adventure. At Camp Kekoka, we strive to be inclusive and respectful of each child's beliefs, while practicing the principles of Christian living.

At Camp Kekoka, we are extremely excited about your interest in us and will do everything possible to provide the finest camp experience for your child.

Looking forward to a great summer,



Betsy Peters  
Vice President of Operations  
804-774-5097  
[betsy.peters@ymcavp.org](mailto:betsy.peters@ymcavp.org)

**YMCA MISSION:** To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

# GET OUTSIDE, GROW INSIDE

With Camp Kekoka, we put the fun into play! We focus on preparing our campers and other for their future by engaging them in developing life skills. Through our values of Caring, Honesty, Respect and Responsibility, our campers learn to become leaders for the causes they believe in, learn to live sustainably and care for our shared environment and live cooperatively in a culturally diverse community.

## Typical Day at Camp

On the shores of Indian Creek, we serve campers ages 9-16 with supervised activities that teach core values, leadership skills and life skills. Every day, campers will participate in a variety of activities, such as group games, arts and crafts, kneeboarding, tubing, archery, water skiing, fishing, crabbing, and so much more. Our campers will also have fun with growing new friends with our High Ropes Course, Zipline and Rock Climbing. Camp has everything and we know each day our campers will have made a new connection and learned something new.

8 a.m.	Rise and Shine-
8:30 a.m.	Breakfast
8:30 a.m.	Character Value of the Day
9 a.m.-11:30 p.m.	Morning Activity
12 p.m.	Lunch
12:45-1:45 p.m.	Rest Period
2-5 p.m.	Track Time Periods 1 and 2
5:30 p.m.	Dinner
6:30-8 p.m.	Evening Activity
8 p.m.	Snack
8:15-9:30 p.m.	Cabin Time/ Shower Rotation/ Family Time
9:30 p.m.	Lights Out



- Evening program and lights out may be adjusted for youngest or oldest camper groups.
- Campers have a rotating schedule. The schedules alternated so every child will have the opportunity to be involved in both land and water activities.

## Summer Camp Staff

When your child arrives, they will be greeted by many familiar faces as we have quite a few returning counselors this year. Although returning counselors are great, they cannot do it alone. We have also brought on new staff members who will bring fresh ideas and enthusiasm this summer.

Each counselor is required to participate in over 60 hours of staff training. This includes team-building skills, child abuse prevention, emergency procedures, character development, behavior management, universal precautions, basic First Aid training, CPR, Boat Safety and High Ropes Facilitation certification. We take pride in the high expectations we set for our Resident Camp Counselors, and we evaluate both our staff and programs regularly throughout the summer.

## Emergency and Medical Information

This section is essential to your child's safety and well-being while they are in our care this summer. At registration time, either online or at a local Welcome Center, you will be asked to provide our staff with general information about your child, including, allergies, medications and emergency number for Camp Leadership Staff to reach you if necessary.

There is a designated section on our registration forms for you to list who you have authorized to pick up your child from camp. As a safety measure for every camper, anyone who picks up a child from camp **MUST** be listed on this form. Photo identification will be required. The camper will not be allowed to leave with the person until they are added to the list by a parent or guardian.

**APYC Parents and Guardians:** Please refer to pick-up and drop-off procedures for more information

## What to Send and How to Dress for Camp

Please send your camper with the items listed below. We suggest you write your camper's first and last name on all of their belonging in permanent marker. Many items come to camp may look identical and helps us in returning items to the rightful camper. Camp Kekoka is not responsible for lost, damaged or misplaced items.

We ask where possible, campers use a large duffel bag or Rubbermaid container with the height of 8.5 inches for packing. These items will fit under the camper's bed. Place a list of items packed inside the duffel to help campers maintain their possessions. If you wish to send items ahead, the shipping address is P.O. Box 580, Kilmarnock, VA 22482. When received, items are delivered to the cabin.

### Bedding: Single Size Bunk Beds

- Single sheets, with fitted sheet
- 1 blanket or sleeping bag
- 1 pillow and pillowcase
- Towels, at least one for showering and another for waterfront

### Clothing for 6 Days: (\*) required

- Sweatshirt
- Raincoat
- \*Shirts
- \*Shorts
- \*Underclothing
- \*2-swimsuits
- Long pants
- \*Tennis or closed-toed shoes

### Every Day Items

- Water bottle
- Laundry bag
- Toiletry articles
- Small flashlight
- Sunscreen (SPF 50 or higher)
- Bug repellent
- Small hand sanitizer

### Optional Items

- Face masks/coverings
- Stationary/stamps
- Talent Show items
- Theme week items
- Disposable camera
- Books, Comic Books or Magazines
- Card games
- Small clip on fan

### What NOT to Bring

- Any electronics; cell phones, iPods, Gameboys, tablets, computers, internet devices
- Valuables
- Cash
- Tobacco products, alcoholic beverages and illegal substances
- Possession of firearms or weapons



## Sun and Water Safety



Our counselors and summer camp leadership staff will ensure sunscreen is applied multiple times throughout the day. If your camper tends to get sunburns, please include that on your campers Emergency/Medical form, and be sure to send any special sunscreen your camper may need.

The first day of each camp session, your camper will take a swim test and the information will be recorded. We encourage all campers to take the swim test multiple times, if they wish, throughout the week. Some activities like Kneeboarding and Water Skiing require campers to pass the swim test.

Our camp partners with the local U.S Coast Guard to deliver an open water safety briefing on the first morning activity day.

## Behavior Management Policy

The number one goals for Camp Kekoka is that all campers have a safe and rewarding experience. To accomplish this goal, discipline sometimes becomes necessary. The camper's parent or guardian may be called to pick up their camper if a counselor's redirection techniques are ignored and the camper continues to create an unsafe atmosphere for themselves and/or their camper group.

Camp Kekoka additionally has a zero-tolerance policy for any form of bullying, which includes physical harm, racial slurs or other verbal abuse. Your camper will be sent home immediately without refund.

## Weather Related Emergency

Camp Kekoka staff will carefully monitor and track all weather systems.



## Refund and Cancellation Policies

If cancellation occurs before May 20, you will receive a full refund, not include the deposit. Any cancellation that takes place after May 20, will result in no refund. There is no penalty for switching weeks for your camper(s). Cancellations must be submitted in writing to camp leadership:

**Betsy Peters** at [betsy.peters@ymcavp.org](mailto:betsy.peters@ymcavp.org)

## Opening Day Procedures

Opening Day is an exciting time for everyone! Camper families will be given a designated spot to park as you arrive. Our check-in processes this year will be inside our Dining Hall. **Please make sure to have any medications (or other pertinent paperwork) easily accessible to hand off to our check-in staff.** You will be given your campers cabin assignment at check-in and camp staff will help your camper find where to go. To help all campers get adjusted and settled into camp life, we ask parents to not accompany their camper to their cabin. Your campers' counselor will help them with setting up their bunk.

Full Week Camp, including CIT- drop off is Sunday from 3-5 p.m.

Rite of Passage- drop off is Wednesday from 9-10 a.m.

### Transportation from the Alexandria area

We would always prefer to have you personally drop your child off so that you get the chance to see Camp Kekoka, and we get the chance to meet you, however we realize that sometimes this can be difficult given the distance. For a transportation opportunity from Alexandria please see the below information:

A school bus will be departing Sunday at **exactly 12 p.m.** from the Alexandria City Public School's Transportation building at 3540-Wheeler Avenue, next to the city gas pumps and across from McDonald's.

Parents/Guardians will remain in their cars while an officer makes sure that all paperwork is collected. The officer will then help your camper load their belongings onto the bus. Please know that the departure will be on time. If you are late you will miss the bus. Campers should be picked up at the same location on the following Friday, **no later than, 2 p.m.**

An Alexandria Police Officer will be riding on the bus with the campers. There is no cost for transportation. A survey will be conducted where you can request your camper to ride the bus.

## Closing Day Procedures

Friday 10 -11 a.m.

Parent(s)/guardian(s) should plan to pick up their child no later than 11 a.m. You are welcome to join us at 10 a.m. for our weekly slideshow and award presentation.

Parent(s)/guardian(s) must provide a **Photo ID** in order to pick up their camper. This policy is for the protection of all of our campers. If someone other than a parent or guardian is picking up your camper we must have prior written permission as well as a photo ID. Please give written permission to Director or Assistant Director upon drop-off, or permission can be emailed to [anamae.morrow@ymcavp.org](mailto:anamae.morrow@ymcavp.org).

A sign-out sheet will be provided at the check-out desk. Each camper must be signed out by an authorized adult before they can leave. This policy is for the protection of all of our campers. If your camper has prescription medication, you can collect this at the check-out desk.

# CAMP KEKOKA SUMMER LIFE

## Cabin Assignments

Campers are assigned to cabins by age and grade level. Cabin assignments will be given upon check in. Mutual requests from campers within the same year of age are honored with the approval of the Camp Director (**limited to one friend**). The Camp Director reserves the right to determine final cabin mate placement.



## Meals

Appealing and nutritious meals are prepared under the careful supervision of our trained dietary staff and satisfy the hearty appetites of campers and staff. A variety of fresh fruit, cereal, hot breakfasts and vegetables are offered every day. A main entree, vegetable, salad, bread, and dessert are typical lunch and dinner meals. Lasagna, sausage egg casserole, and cookout nights are the campers' favorites.



**Please Note:** Special dietary needs should be indicated to our camp director. The Camp Kekoka Dining Hall is inspected by the Virginia Health Department and maintains a permit to operate a restaurant.

## Spending Money

There is no need for campers to bring money to camp. All food and snacks will be provided. Camp Kekoka is not responsible for any lost or stolen money.

## Visitation/Phone Calls

Camp Kekoka does not have a visitation day, although letters and e-mails are welcomed and encouraged! Parents are also invited to inspect the facilities and meet the staff on Opening and Closing Days. Due to the volume of campers, Camp Kekoka does not permit campers to make or receive phone calls. (Especially when campers are homesick, we have found that calls from home disrupt the camper's adjustment to camp life.) If an emergency situation arises at home, we ask that parents contact one of the Camp at 804-435-3616. Directors will gladly assist you and your camper in every situation.

## Camper Mail and Daily Photo Updates

There is a large volume of mail at Camp Kekoka. We encourage families and friends to write and we ask that every mailed item be labeled with the camper's name. Our mailing address is P.O. Box 580, Kilmarnock, VA 22482. Be aware that because of our rural location at times the mail is not timely. If you wish to send food items please make sure they are in sealed containers that can be resealed. Campers can receive one-way emails from Bunk1.com.



More information on Bunk1.com will be coming as we get closer to your campers' week. The email is printed and delivered daily at lunchtime along with the regular mail. We ask that you put the campers name and in the subject line. Please no electronic cards or attachments.

**Campers will not be able to send emails from camp.**

Photos will also be uploaded to Bunk1.com. Parents and families can view the current photos by clicking the Bunk1 icon on our website. On this site you can download and print pictures.

## Lost and Found

Camp Kekoka is not responsible for any items lost while your camper is at camp. It is very important that campers clearly label all belongings with their name. We suggest using a permanent marker. Campers will be able to view found items on a daily basis. Parents are encouraged to also view these items on closing day. The shipping of found items after the camper's departure may be arranged at the expense of the owner.



## Health Center/Medications

Campers check-in all prescribed medications with the Director and Resident Nurse upon arrival to camp. All medications must be in the original container. No medications are allowed in cabins (with the exception of inhalers for some asthmatics and epi pens). Please **fill out** the **attached medication form** and bring it with you.

Cabin counselors observe campers daily for cleanliness, cuts, sunburn, insect bites, etc.

At the end of the session, remaining prescription medications need to be picked up from the director. All prescription medications and/or hospital care during camp are billed to parents. General medications and first aid materials are provided at no cost. Accident insurance is not included in the camp fee.

### Medication Administration

Summer Camp Leadership Staff will administer prescription medication provided that is in the original container and has been listed on the Emergency/Medical form in the medication fields. All medication must be turned in to Summer Camp Leadership Staff and Resident Nurse. Only the Summer Camp Leadership Staff and assigned supervisors will administer medication, with the exception of emergency medications such as EpiPen's and inhalers, which will be kept with your camper or their counselor. Medication will be administered per doctor's orders only. If the dosage has changed from what is listed on the bottle, please bring in a doctor's statement indicating proper administration and dosage.

**Please Note:** if the medication dosage requires to be cut in any way, please do this before camp. Per Medical Administration Training, our staff are not allowed to cut or change the prescribed medication.

Camp Leadership staff may also administer certain over-the-counter medications if parent permission is given on the Emergency/Medical form. These medications may include, Hydrocortisone, generic cough drops, Children's Tylenol, Aloe and antibiotic cream.

# Medications Form

Camper's Name \_\_\_\_\_ Session \_\_\_\_\_

Please complete this form prior to coming to camp. Bring it with you to check-in. If you have multiple medications please put them together in a zip lock bag with your camper's name on the outside of it.

## Prescription Medications

Type of Medication (name should be the same on the medication container)	Time of Day (Breakfast, Lunch, Dinner, Bedtime, or specific time)	Dosage (mg / 1tab/ ½ tab) This should be the same on the medication container

## PRN Medication (taken only as needed)

Type of Medication (name should be the same on the medication container)	Time of Day (Breakfast, Lunch, Dinner, Bedtime, or specific time)	Dosage (mg / 1tab/ ½ tab) This should be the same on the medication container

## Over the Counter Medications (Permission Letter)

I, \_\_\_\_\_, hereby give permission for Camp Kekoka staff to administer over-the-counter medications to my child if they deem it necessary. Dosages will be administered according to the directions on the bottle unless a physician directs otherwise. These medications may include but are not limited to:

- |                            |                           |              |
|----------------------------|---------------------------|--------------|
| Acetaminophen (Tylenol)    | Ibuprofen (Advil, Motrin) | Tums         |
| Benadryl (Diphenhydramine) | Imodium AD                | Sudafed PE   |
| Ex-Lax                     | Aloe                      | Pepto-Bismol |

**Please clearly cross out medications that are NOT to be administered.**

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_