



YMCA Camp Elphinstone

Getting ready for camp

The following is a guide to help you prepare for your upcoming experience at YMCA Camp Elphinstone. We recognize that each group's needs are different so please use your discretion when packing for your special event or conference at YMCA Camp Elphinstone. Please try to keep baggage to a minimum.

What to pack: The necessities

- Sleeping bag
- Pillow (optional)
- Toiletries (such as toothbrush, toothpaste, face cloth, soap, deodorant and shampoo)
- Bath towel
- Flashlight
- Laundry or garbage bags for dirty or wet clothes
- Reusable water bottle and coffee mug (please leave all dishes in the Dining Hall)
- Camera and insect repellent (optional items)
- Work supplies if required for your conference
- Comfortable shoes: we are a large area and there is lots of walking between buildings
- Complete change of clothes that suits the length and weather of your stay (see below)

What to wear: If you are primarily participating in our outdoor programming, pack clothes that you can be active in. Avoid cotton if possible; synthetic materials and wool are best for outdoor activities. Always check the weather before packing for camp.

- Pants, shorts, T-shirts
- Sweater or warm jacket
- Rain gear (an inexpensive poncho works great!)
- Bathing suit and towel (if participating in waterfront activities)
- Sturdy shoes: sneakers or light hikers are best (closed toe shoes must be worn for any ropes activities including rock climbing)
- Extra shoes or rubber boots (if rain is forecasted)
- Sandals (for waterfront activities)
- Pyjamas
- Socks and underwear
- Sun hat and sunscreen (weather pending)

Please Do Not Bring the Following Items: Camp Elphinstone will not be held responsible for lost or damaged items. Items listed will be removed for animal/human safety and security reasons.

- Knives or other weapons/pocket tools
- Money or other valuables
- Any electronics: iPods, cell phones, gaming devices, radios, etc.
- Food or drinks (except for water)

Please be sure to properly label your belongings with both your name and group name. Items left behind will be kept and held for 2 weeks, after which will be given to those in need.



YMCA Camp Elphinstone

Heat Room Procedures

What is a heat room?

To keep your home and our facility bed bug free, we have a specially constructed heat treatment room. Bags are heated to 125 degrees (about the temperature of a clothes dryer) which ensures that any bed bugs and/or eggs that may be contained within participants' belongings are killed prior to moving into cabins. The whole process takes 2 hours.

What goes in the heat room?

All bedding, clothing, and cloth bags must go in the heat room

What doesn't go in the heat room?

- Plastics, such as toiletries and cosmetics
- Cameras and any other electronics (should be left at home)
- Medicines and medical devices
- Aerosols or creams (e.g. sunscreen)
- Food, including pop cans (these items are not allowed at camp anyway)
- Candles and wax
- Photographs

How should I pack my bag?

- Write your name and group's name on a zip-lock bag and put all items not to be treated in this bag
- Keep this zip-lock at the top of your overnight bag so it can easily be removed before the overnight bag goes in the heat room
- Zip-locks will be placed in bins and given back to you when you collect your treated luggage

Questions?

Please contact us at:

elphinstone@gv.ymca.ca

604-886-2025



Acknowledgement of Risk YMCA Camp Elphinstone

The well-being of all participants and staff at YMCA Camp Elphinstone is our top priority. The YMCA takes reasonable precautions to ensure that programs and activities at YMCA Camp Elphinstone are conducted by qualified staff in a responsible manner.

Choosing to come to camp has many benefits, and it also has particular risks. Participation in camp activities entails known and unanticipated risks that could result in physical or emotional injury to participants and or property. Participants/families need to know the risks associated with a camp and outdoor education experience at YMCA Camp Elphinstone, and to accept that they are taking risks.

We are proud of our record in caring for children, youth and families, and we are proud of our ongoing work focused on this goal. If you have any questions or comments we would be pleased to hear from you.

Safety & Risk Management

YMCA Camp Elphinstone accepts that there are inherent risks associated with all of our programs and we take specific actions to reduce or control those risks. We manage risks so that they will be encountered at a level that is tolerable. Riding a bicycle, for example, has associated risks – but, by wearing a helmet and respecting transportation laws, most people decide that the risk is tolerable. Therefore, rather than guaranteeing safety, we use a risk management approach to our programs and services.

There can be no doubt that some of the risks of camping are intrinsic to the enjoyment and growth experienced at camp. For instance, there is some emotional risk involved when meeting new friends, and there is physical risk involved in a hiking trip. At YMCA Camp Elphinstone, we manage these risks with planning, training and equipment.

We manage the emotional risks of meeting new friends by training with child and youth care practices, and we adopt fun, inclusive programs where young people can grow together with guidance. We manage the risks of mountain hiking by deciding upon goals, by reviewing a destination, by supporting trained staff, by carrying appropriate equipment, and by operating our hiking program within the Out Trip standards of the BC Camping Association.

Risks Encountered in YMCA Camp Elphinstone Programs

Any of the activities at YMCA Camp Elphinstone involve certain emotional and physical risk. Activities at or organized by YMCA Camp Elphinstone shall include recreational or educational activities, including, but not limited to: wall climbing, canoeing, kayaking, sailing, participation in activities in or near water (including swimming and boating), archery, use of the high- and low- rope courses, outdoor cooking and camping, hiking, participation in team-initiative tasks, and participation in sports or games at or organized by YMCA Camp Elphinstone.

Camps comply with all relevant provincial and federal government legislation pertaining to health, food service, water quality, transportation, boat safety, building codes, fire codes, labour laws and human rights. YMCA Camp Elphinstone is also accredited with the BC Camping Association. Accredited camps must also meet the additional standards set by their provincial camping association.



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“Inherent Risks” of outdoor activities shall mean those dangers or conditions which are an integral part of outdoor activities, including, but not limited to:

1. The effect of inclement weather on outdoor activities, causing hazardous conditions at activity sites, such as lightning, precipitation, temperature, cold weather, and the effects thereof.
2. Environmental risks unique to each activity, such as the presence of water and water hazards, trees and roots, loose rocks or holds, and fire and wild animals such as cougars and bears.
3. Activities are also performed at various heights and water based activities contain some element of risk, regardless of safety measures taken.
4. The potential risk for equipment failure, even when used according to manufacturer’s guidelines.
5. The potential risk a participant acts in a negligent manner in a group or individual activity that may contribute to injury to the participant or others, such as participating in activities in an unauthorized manner or without proper supervision, instruction, or safety measures and equipment.

All YMCA Camp Elphinstone programs are challenge by choice which means participants are able to limit their participation in any way they deem appropriate.

YMCA Camp Elphinstone Risk Management

Here is a short list of points that are part of our larger risk management approach:

- Staff have program-appropriate First Aid certification and training.
- All Staff and volunteers have Criminal Reference checks.
- All YMCA Camp Staff participate in a minimum of 40 hours of staff training.
- YMCA of Greater Vancouver trains staff on Child Protection and performs annual audits of training.
- YMCA Camp Elphinstone is accredited by the BC Camping Association, and has regular accreditation audits.
- YMCA Camp Elphinstone participates in regular accreditation visits, and program inspections including annual high ropes inspections.
- Training for high ropes and climbing is provided to our staff by professionals in the industry.
- Specialized certifications are required by staff in areas such as climbing, waterfront activities, lifeguarding, driving and high ropes.
- All participant surveys are reviewed by YMCA Management.
- YMCA Camp Elphinstone receives support and oversight by the YMCA Manager, Enterprise Risk Management.

Contact Us

We encourage participants/families to share questions or comments concerning risk management at YMCA Camp Elphinstone. Please feel free to speak with a Camp Director/Manager about any aspect of the inherent risks of camping, and about our risk management plan.

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