

## Rules, Regulations & Policies

The following are regarding the use of the YMCA's facilities, program areas, and grounds have been developed for your groups, as well as other's safety in mind. Your cooperation in upholding these rules as the group leader is greatly appreciated.

**Check in / check out:** Actual arrival & departure times for your visit to camp are based on the schedule that has been set-up between the Group Sales Director & the Group Leader. These times might be pre-set based on incoming groups. We ask all groups to remove all garbage, sweep, close windows and turn off all lights.

**Arrangements:** Each rental group is responsible for providing their own overnight supervision. An adult leader or a high school leader **must be assigned** to each sleeping unit where your group members are sleeping.

**Meals:** All meals are served in the camps dining halls. Groups may choose to forgo meals while at camp but are asked to eat those meals in their residences. Groups are not allowed to use the camp kitchens to cook or serve food.

**Fires:** Fires are not permitted on the YMCA property other than in those facilities which have fireplaces, or established fire rings. Camping stoves are not allowed at any time. A \$25 fine will occur for failure to follow this rule. All fires must be no larger than the fire ring and must always be supervised by an adult.

**Smoking:** YMCA Camp Ockanickon Inc is a smoke free community. NJ State law prohibits smoking in all buildings. As a courtesy to all guests, smoking is not allowed in program areas or within 50 feet of buildings, please dispose of cigarette butts properly.

**Firearms:** Firearms, including BB guns are **not** permitted on the YMCA property at any time. This includes all personal archery equipment.

**Alcohol:** Alcoholic beverages are **not** permitted on the YMCA property at any time.

**Vehicles:** All vehicles, with the exception of a bus must have a parking permit clearly visible at all times while at camp. Permits will be available from the Group Service Director or the Host on duty. All vehicles must be parked in the designated parking lots. These locations are noted on YMCA maps. At no time can a vehicle be parked near any cabins or on the camp roads. YMCA Camp Ockanickon, Inc. reserves the right to have vehicles towed at the owner's expense for failure to adhere to this rule. Mini-bikes and other "All-Terrain" vehicles are not permitted on the YMCA property. Any RV type vehicles must have prior approval to be used on the property. Bicycles are allowed, but not near the horse stables or on the boardwalks. According to NJ State Law people under the age of 17 are required to wear an approved helmet when cycling, roller skating, in-line skating, or skateboarding.

**Supervised Areas:** The following areas are off limits when not being supervised by a current YMCA Camp Ockanickon, Inc. employee: Swimming, Boating/Canoeing, Challenge Course, Archery and Horseback Riding. YMCA Camp Ockanickon, Inc. is not responsible for any injuries that occur when these areas are being used without direct supervision by a current YMCA Camp Ockanickon, Inc. employee.





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**Water Policy:** The use of waterway, frozen or flowing (including swimming), without supervision by a YMCA Camp Ockanickon Staff member is prohibited.

**Fishing:** Adults who fish must have a valid New Jersey State Fishing License. Fishing is not allowed from the Swim Docks at any time or off any the Dams. ALL FISHING IS ON A CATCH AND RELEASE BASIS. Please use barbless hooks.

**Animals/ Pets:** We ask that you leave all pets at home, this includes dogs.

**Quiet Hours:** Participants are asked to observe and enforce the Quiet Hours from 10:00 PM until 7:00 AM.

**Public Wi-Fi:** Ockanickon Dining Hall

**Graffiti/Damages:** Facilities will be inspected before and after each usage. A group member must be present during this tour. In the event of damage to buildings, families are responsible for the cost of repairs including, but not limited to:

Fire extinguisher discharge - \$25.00 each

Graffiti - \$5.00 per square inch

Broken windows/screens – varies upon the size of the window/screen

Buildings requiring more than normal cleaning - \$65.00 per hour per staff required

**Important Phone Numbers:**

**All Emergencies:** Dial 911

*\* To dial an outside number, you must dial 9 and then the number (excludes 911).*

**Medford Police:** 609-654-7511

**Medford Emergency Squad:** 609-983-2412

**YMCA Main Camp Phone:** 609-654-8225 or ext 1506 during normal business hours.

**Group Services Director:** Ext 1528 from a camp phone or 609-678-1528 from a cell phone during normal business hours

**Emergency night time contact:** (between 10pm-7:00am) unless otherwise noted: 609-678-1470



(609) 654-8225 or 1-800-442 CAMP  
[www.ycamp.org](http://www.ycamp.org) or [info@ycamp.org](mailto:info@ycamp.org)



## What To Bring:

For a two night, 3 day adventure:

- 2 Pairs of pants
- 3 Pairs of Shorts (in season)
- 4 T – Shirts
- 1 Sweatshirt
- 1 Light Jacket
- 4 Pairs of Socks
- 3 Pairs of Underwear
- 2 Towels / 1 Washcloth
- 2 Bathing Suits (in season)
- 1 Heavy Coat (in season)
- 1 Rain Coat / Poncho
- 1 Beach Towel (in season)
- 1 Sleeping Bag / Sheets and Blanket
- 1 Pillow
- 1 Toothbrush / 1 Tube of toothpaste
- 1 Bar of soap
- 1 Bottle of Shampoo
- 1 Pair of shower shoes / flip flops
- 1 Pair of extra shoes / Boots
- 1 Flashlight
- 1 Book / Magazine

## What Not To Bring:

- Cigarettes / Tobacco products: Smoking is not allowed in any of the Camp facilities
- iPods, Radios, Walkmans, Gameboys, etc.: YMCA Camp Ockanickon, Inc. is not responsible for personal property.
- Alcohol is PROHIBITED on YMCA property
- Firearms, personal bows and arrows are prohibited.
- Snacks: as they only invite little animal friends
- Dogs or other Pets



Welcome to the Camp Ockanickon and Camp Matollionequay Dining Hall experience! And what an experience it can be! Below is a list of commonly asked questions that explains what is needed to make your time spent in our dining hall an enjoyable one. There are certain expectations and procedures we have put into place and we ask you to work with us so that we can make your next hour the most effective and efficient way of dealing with organized chaos!

## What is a cruiser?

A cruiser is someone who is designated to take on further responsibilities throughout the meal.



## What is the role of the cruiser?

The cruiser responsibilities are broken up into 3 stages:

**STAGE ONE:** Setting up

**STAGE TWO:** Cruising the meal

**STAGE THREE:** Clean Up

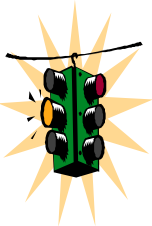
## What time should the cruiser be at the dining hall?

A cruiser is expected to be at the dining hall 15 minutes before the meal to meet one of our YMCA staff members for further instructions. Everyone else from your group that isn't a cruiser needs to wait outside the dining hall until prompted to come in. This allows the cruisers to set up efficiently without too many disruptions.



## How important is it as a group to be on time for meals?

Extremely important! If your group is running late to a meal for whatever reason, you need to notify either your YMCA host or the kitchen staff. **Why?** Being on time equals hot food...



## What is the traffic pattern?

The traffic pattern is a specific direction that we expect everyone in the group to follow when in the dining hall. Once you enter the dining hall, the direction is counter clockwise and always up the aisles. At the beginning of your first meal, our YMCA staff will provide everyone with a demonstration of the traffic pattern.

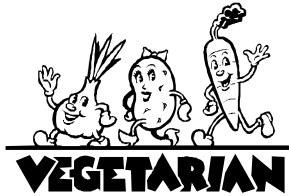
## Will the meals be served family style or buffet style?

The most common way for a meal to be served is family style, however buffet style is also an option.

**Family style** is having food provided in serving dishes on the table, so that people can serve themselves.

**Buffet style** is a meal at which people serve themselves from various dishes set out on the food counter. Different styles suit specific needs, therefore this needs to be decided before your group comes to camp.





### What if I am a vegetarian or have special dietary needs?

At each meal there is usually a vegetarian option. If you have special dietary needs, you may bring foods yourself and ask the kitchen staff to store it in the kitchen. Just let us know 1 week prior to your arrival and make sure that you remind the chefs.

### How do we know where to sit in the dining hall?



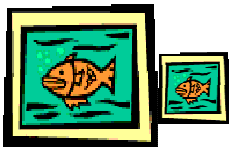
When you enter the dining hall, you will notice small cards that state your groups name and cabin number. That's where you will be seated. **For larger groups** that take up most of the dining hall, we recommend that you have a plan of how you would like your group to sit prior coming to camp.

### Where should teachers and chaperones sit?

We would appreciate it if there was at least one chaperone or teacher sitting at each table. This is where you can help us out and set an example for the children following our procedures when in the Dining Hall.



### What is a cruiser card?



We have a system that uses 'cruiser cards'. The idea of these cards is that at every meal, each person will be sitting somewhere different and meeting new people within the group that they wouldn't usually sit with. It is a very organized and structured way of seating a large group and is highly recommended. This is optional and should be decided before coming to camp.

### Can we wear hats in the dining hall?

We ask that before you enter the dining hall that all hats are taken off.

### Is Coffee and Tea available ?

Coffee and tea is available at the dining hall. We ask that an adult is present when a child is near this area as we want to prevent any accidents from happening with hot water.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> Scrambled Eggs  Bacon English Muffins Oatmeal Cereal & Milk Fruit & Yogurt Juice	<b>Breakfast</b> French Toast  Sausage Oatmeal Cereal & Milk Fruit & Yogurt Juice	<b>Breakfast</b> Omelettes  Hash Browns Oatmeal Cereal & Milk Fruit & Yogurt Juice	<b>Breakfast</b> Belgian Waffles  Sausage Oatmeal Cereal & Milk Fruit & Yogurt Juice	<b>Breakfast</b> Sausage, Egg & Cheese Sandwiches Oatmeal Cereal & Milk Fruit & Yogurt Juice	<b>Breakfast</b> Pancakes  Sausage Oatmeal Cereal & Milk Fruit & Yogurt Juice	<b>Breakfast</b> Bagels  Donuts Oatmeal Cereal & Milk Fruit & Yogurt Juice
<b>Lunch</b> Pretzel Melts Popcorn Salad Bar Juice & Water Fresh Fruit	<b>Lunch</b> Hot Dogs Chips Beans & 'Kraut Salad Bar Juice & Water Fresh Fruit	<b>Lunch</b> Hamburgers French Fries Salad Bar Juice & Water Fresh Fruit	<b>Lunch</b> Chicken Tenders Chips Salad Bar Juice & Water Fresh Fruit	<b>Lunch</b> Pizza Pretzels Salad Bar Juice & Water Fresh Fruit	<b>Lunch</b> Grilled Cheese Tomato Soup French Fries Salad Bar Juice & Water Fresh Fruit	<b>Lunch</b> Chicken Patties Chips Salad Bar Juice & Water Fresh Fruit
<b>Dinner</b> Grilled Chicken Mashed Pot. Corn Salad Bar Juice & Water Jell-O Fresh Fruit	<b>Dinner</b> Lasagna Green Beans Garlic Bread Salad Bar Juice & Water Cookies Fresh Fruit	<b>Dinner</b> Roast Beef Oven Roasted Pot. Mixed Veggies Kaiser Rolls Salad Bar Juice & Water Ice Cream Fresh Fruit	<b>Dinner</b> Ravioli Cheese Sticks Broccoli Salad Bar Juice & Water Brownies Fresh Fruit	<b>Dinner</b> Chicken Pot Pie Dinner Rolls Salad Bar Juice & Water Choc. Pudding Fresh Fruit	<b>Dinner</b> Chicken Fajitas Toppings Rice Pilaf Salad Bar Juice & Water Ice Cream Fresh Fruit	<b>Dinner</b> Rigatoni Meatballs Broccoli Garlic Bread Salad Bar Juice & Water Cookies Fresh Fruit

Feel free to contact Chef Jason to discuss your menu options at [jason@ycamp.org](mailto:jason@ycamp.org) or by calling (609) 678.1530.

Please inform Chef Jason of any special dietary needs at least a week prior to your arrival.

Special Dietary needs may include vegetarian, vegan, allergies, religious, etc...

Menu selections are granted on a "first requested" basis for times when we have multiple groups dining.



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## Challenge Course- Teambuilding and Leadership

### Programs and Workshops

The Challenge Course here at YMCA Camp Ockanickon Inc. is truly the pillar of all of our program offerings.

At YMCA Camp Ockanickon Inc. we base our Challenge Course program on the philosophy of experiential learning and education, and feel that it will benefit all who are up for the challenge. We are dedicated to providing a quality experience that will build a foundation of awareness for your group. We offer a retreat program which can and will be individually customized to meet the goals of each specific group. Your custom program will then be facilitated by our highly trained Challenge Course staff who understands how to challenge and nourish a setting that is founded on safety, support, fun.

A YMCA Camp Ockanickon Inc. Challenge Course experience can help provide awareness with:

- ~ a greater understanding of the importance of working as a team
- ~ establish a sense of community within the group
- ~ improvement upon communication, cooperation, trust, and empathy
- ~ development of creative problem solving skills
- ~ self-esteem and confidence
- ~ goal setting and increased sense of purpose
- ~ effective leadership skills
- ~ safe risk taking
- ~ ability and insight to use what they have learned and apply it to real life situations

Your program can consist of progression of icebreaker/warm-up games, initiatives, then low elements, and even high elements if you choose.

**Please note** that debriefing is a vital part of the challenge course program and will be done on a regular basis.



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### **Challenge Course: Low Elements**

The low element section of our Challenge Course is an essential part in our philosophy of experiential education and learning. It incorporates initiatives that use props, wooden, and wire structures that require the participant to find solutions to physical and mental challenges. ***Please note*** that not all elements will be used during your groups time, elements are selected for their use depending on your group's time on the challenge course and your group's specific goals and their demonstrated progress. Some examples of some low elements that may be used in our program would be:

**The Whale Watch-** a rectangular platform about 1' off of the ground, that is positioned on a fulcrum. The entire group must use their weight and balance to get on the platform, ensuring that it remains balanced.

**The Mohawk Walk-** a series of five cables strung between trees, about 18"-24" off of the ground. The whole group to traverse the cables from beginning to end, without stepping off of the cable.

**The Wall-** a smooth surfaced wall that is approximately twelve feet high. A platform with rails is positioned on the backside approximately nine feet above the ground. The group must try to get everyone up and over the wall from the side of the wall with the smooth surface.

### **Challenge Course: High Elements**

The high elements at our challenge course are all safely belayed structures 20 to 60 feet in the air and allow participants to step outside of their comfort zones and experience risk in a safe atmosphere.

***Please note*** a requirement of three hours of our Low Challenge Course Experience must be completed before this. This because people are far more comfortable with the risk, when they have worked with people beforehand, it will also allow them to be more successful.

Some examples of some high elements that may be used in our program would be:

**Catwalk-** A horizontally positioned pole suspended between two support poles, about 25' off of the ground. The participant will try to climb to and traverse the horizontal pole.

**Giants Ladder-** A vertically oriented log ladder suspended from an overhead cable that is attached to two support poles. For a team of two participants to climb the ladder and touch the top rung of the ladder using only the support of the logs and each other.

### **Recreational Activities**

Choosing the recreational option is a fun way to introduce the ideas of teamwork and support into your groups activities. These are also facilitated by our highly trained staff. ***Please note*** if you are participating in the "Swamp" activity a change of clothes and shoes are extremely recommended. We also highly encourage each participant to wear old clothes and shoes to do the activity.

A challenge course can consist of initiatives or games, low elements, and high elements. Initiatives begin by challenging your group to work together to figure out problems in a fun and unique forum on the ground.





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As your group discovers new ways of doing things, and ways of working together toward a common goal, the course offers new challenges called "low elements." These are usually only a few feet off the ground, but begin to encourage your group to help each other physically and mentally, committing to work together to ensure everyone's safety and ability to complete the group task.

As you successfully complete various initiatives and then low elements, there will be the opportunity to challenge your group on "high elements." These are similar to low elements, just further off the ground. Working on a "belay" team, learning to successfully support another person who is working toward an individual goal within the group, and exploring how the entire group feels during this kind of challenge are all incorporated into the experience.

Our Challenge Course builder, trainer, and evaluator: Joel Cryer

Joel Cryer, a graduate of the University of Texas, is a recognized authority in the field. His career spans twenty years and includes successful management development programs for major corporations, state agencies, universities, public schools, hospitals, and other institutions. His most recent international experiences have included consulting with Industrias Savoy and Empresas Polar in Caracas, Venezuela, Innovative Business Development in Stockholm, Sweden, Moscow State University and the Academy of Cosmonautics and Space Research in Moscow, Russia. Joel has served as a Para-Rescue technician with the U.S. Air Force in the Southeast Asia, as a member of the NASA/Apollo Recovery Team, and an instructor with Outward Bound and six other adventure-based programs.

During the past twenty-five years, he has trekked, boated, and climbed in North and South America, Europe, Australia, and Asia. Joel is a member of the American Society for Training and Development, the American Alpine Club, the Vertical Section of the National Speleological Society, the Ropes Course Builders Network (Association of Challenge Course Technology), and the Association for Experiential Education. He has served on the AEE Select Committee of the National Task Force on Accreditation and Standards, and is co-chair of the 1994 AEE International Conference. Corporate Challenge is a member of the AEE International Safety Network.



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