



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Rules, Regulations & Policies

Check in / check out: Actual arrival & departure times for your visit to camp are based on the schedule that has been set between Camp Ockanickon and 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 when leaving each lodge or cabin.

Sleeping Arrangements: We strongly recommend each group has adult supervision in each cabin/lodge during the evening.

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: Campfires are only allowed in approved fire-rings & lodge fireplaces. Any group caught making a unauthorized fire ring will be fined \$25 and the fire will be extinguished. All outdoor campfires must be no taller than two feet and must have an adult supervising any children at all times. Please for the safety of the facility, all fires must be extinguished at the end of the evening.

Smoking: 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 Y property at any time. This includes all personal archery equipment.

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

Vehicles: All vehicles must be parked in the designated parking lots. These locations are noted on Y 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 Y property. Any RV type vehicles must have prior approval to be used on the property. NJ State Law requires 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 restricted without prior approval from the Senior Program Director: Swimming, Boating/Canoeing, Challenge Course, Archery and Horseback Riding. For the safety of all of our participants, we ask to please not access these areas.

Water Policy: The use of waterway, frozen or flowing (including swimming), without prior approval by the Senior Program Director is prohibited.



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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 of 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.

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. The Group Leader must be present during this tour. In the event of damage to buildings, the group is 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.

Senior Program 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:
609-744-0845.



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Being a part of the participants experience while at camp is an important part of our learning process. The following steps have been designed for all teachers/chaperones to help ensure each participant has a positive experience;

- Supervise your group when they are not in classes and/or activities. Get to know their names. Learn activities to keep the participants occupied.
- Make sure the participants are arriving to classes/programs and meals on time. Try to give yourself an extra 15 min to get them where they need to be.
- Enforce Camp Ockanickon safety rules and regulations.
- Supervise your table at meals. Make sure younger participants are getting equal portions of food. Help participants understand and follow dining hall procedures learned during our first meal at camp. Help students with clean-up procedures, but please remember that you are there for support, not to do it for them!
- Attend classes/programs to aid instructors and be available if needed. You can set a good example by being involved and interested in the classes, but please give the kids the first chance to answer the questions.
- Help the group spirit by participation in songs, skits and activities. If the group leader is excited, the participants will be excited too.
- YMCA staff is here to run your programs, not discipline the participants. We ask you to take an active role in dealing with participants who are acting up and disrupting the program.
- If your group is staying overnight at our facility, please ensure each participant is comfortable sleeping at camp. Let them know where the bathrooms are and whom to contact after lights out.
- Provide feedback to your group leader in order to have the evaluation form completed at the end of your stay.

We want to thank you for taking time away from your busy lives to be a part of camp. We would not be able to do the job we do, and the participants would not be able to have the camp experience without you!

(609) 654-8225 or 1-800-442 CAMP
www.ycamp.org or info@ycamp.org



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What To Bring:

For a day trip:

- Sweatshirt or something warm
- Hat
- Sunscreen
- Water bottle

For a two night, three day retreat:

- 1 Pairs of pants
- 2 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
- 1 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



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Welcome to the Camp Ockanickon and Camp Matollionequay Dining Hall experience! 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.

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.

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.





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



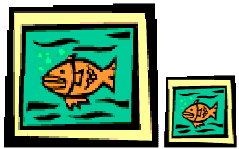
When you enter the dining hall, you will see napkin holders that state your groups name and cabin number. That's where you will be seated. **For larger groups** that take up most of the dining hall, we recommend that you have a plan of how you would like your group to sit prior coming to camp.

Where should teachers and chaperones sit?

We require there be 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.

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.



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.



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Group Services Sample Meals

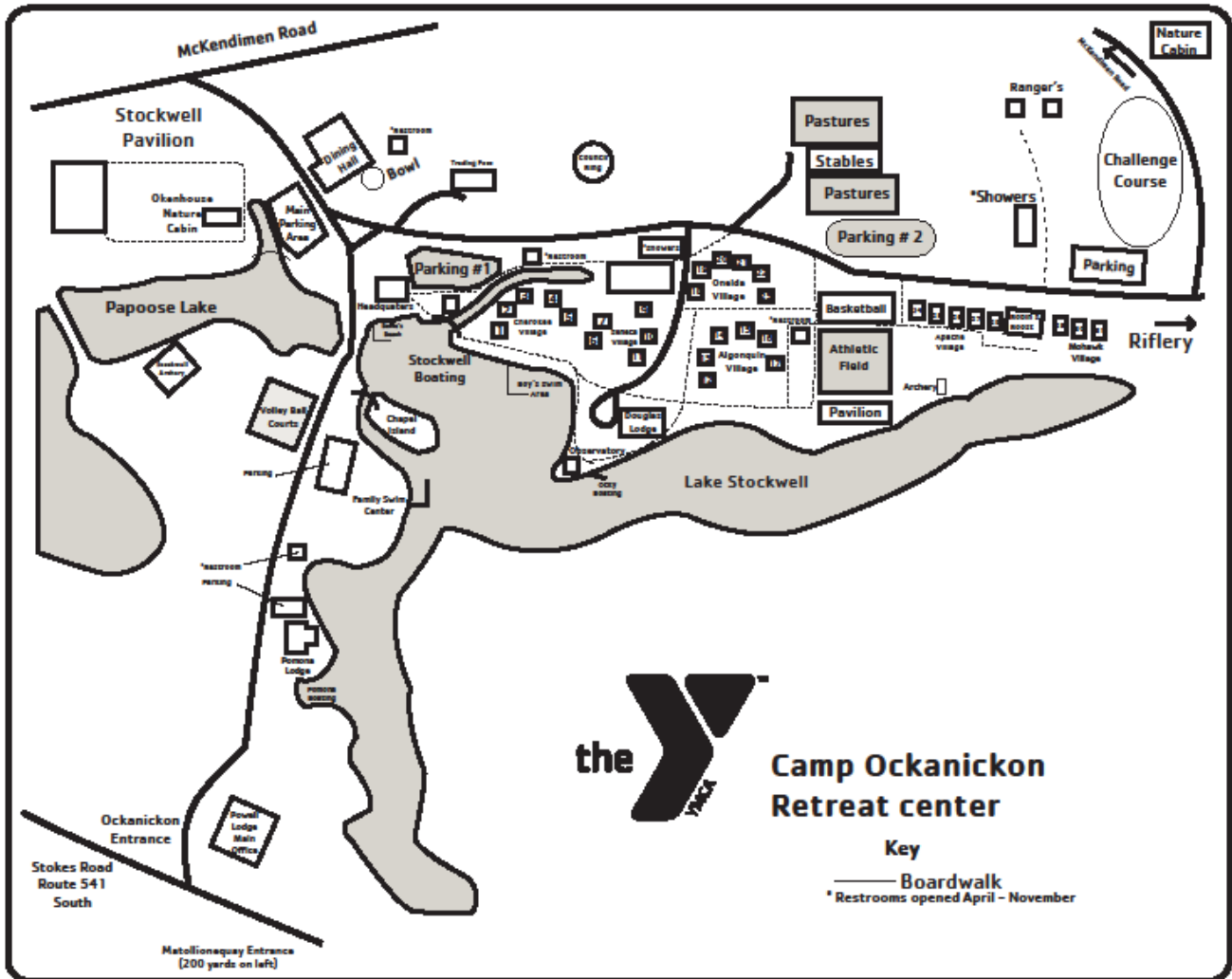
Our Food Service team will work with you to best suit your groups needs. The below is some of the possible items we might offer your group while here. Because of availability, we cannot guarantee a particular menu item. If you do have a special request, please let us know two weeks prior and we will do our best to meet your needs.

Breakfast	Breakfast	Breakfast	Breakfast
Scrambled Eggs with Bacon English Muffins Oatmeal Assorted Cereal's Sliced Fruit & Yogurt Juice & Milk	French Toast with Turkey Sausage Oatmeal Assorted Cereal's Sliced Fruit & Yogurt Juice & Milk	Ham, Egg & Cheese Croissants Oatmeal Assorted Cereal's Sliced Fruit & Yogurt Juice & Milk	Pancakes with Turkey Sausage Oatmeal Assorted Cereal's Sliced Fruit & Yogurt Juice & Milk
Lunch	Lunch	Lunch	Lunch
Hamburgers Sweet Potato Fries Tomato, Onion, Lettuce, Cheese Salad Bar Peanut Butter & Jelly Juice & Water Veggie Option: Veggie Burger	Turkey & Ham Sandwiches Potato Chips Tomato, Onion, Lettuce, Cheese Salad Bar Peanut Butter & Jelly Juice & Water Veggie Option: Veggie Burger	Grilled Cheese Sandwiches Tomato Soup Potato Chips Salad Bar Peanut Butter & Jelly Juice & Water	Chicken Tenders Potato Chips Salad Bar Peanut Butter & Jelly Juice & Water Veggie Option: Veggie Chick'n Pattie
Dinner	Dinner	Dinner	Dinner
Chicken Fajitas Sautéed Peppers & Onions Rice Pilaf Salad Bar Peanut Butter & Jelly Juice & Water Dessert Veggie Option: Refried Beans	Rigatoni & Meatballs Garlic Bread Steamed Broccoli Salad Bar Peanut Butter & Jelly Juice & Water Dessert	Roast Beef Mashed Potatoes Mixed Veggies Kaiser Rolls Salad Bar Peanut Butter & Jelly Juice & Water Dessert Veggie Option: Veggie Burger	Grilled Chicken Oven Roasted Potatoes Steamed Veggies Salad Bar Peanut Butter & Jelly Juice & Water Dessert Veggie Option: Veggie Chick'n Pattie



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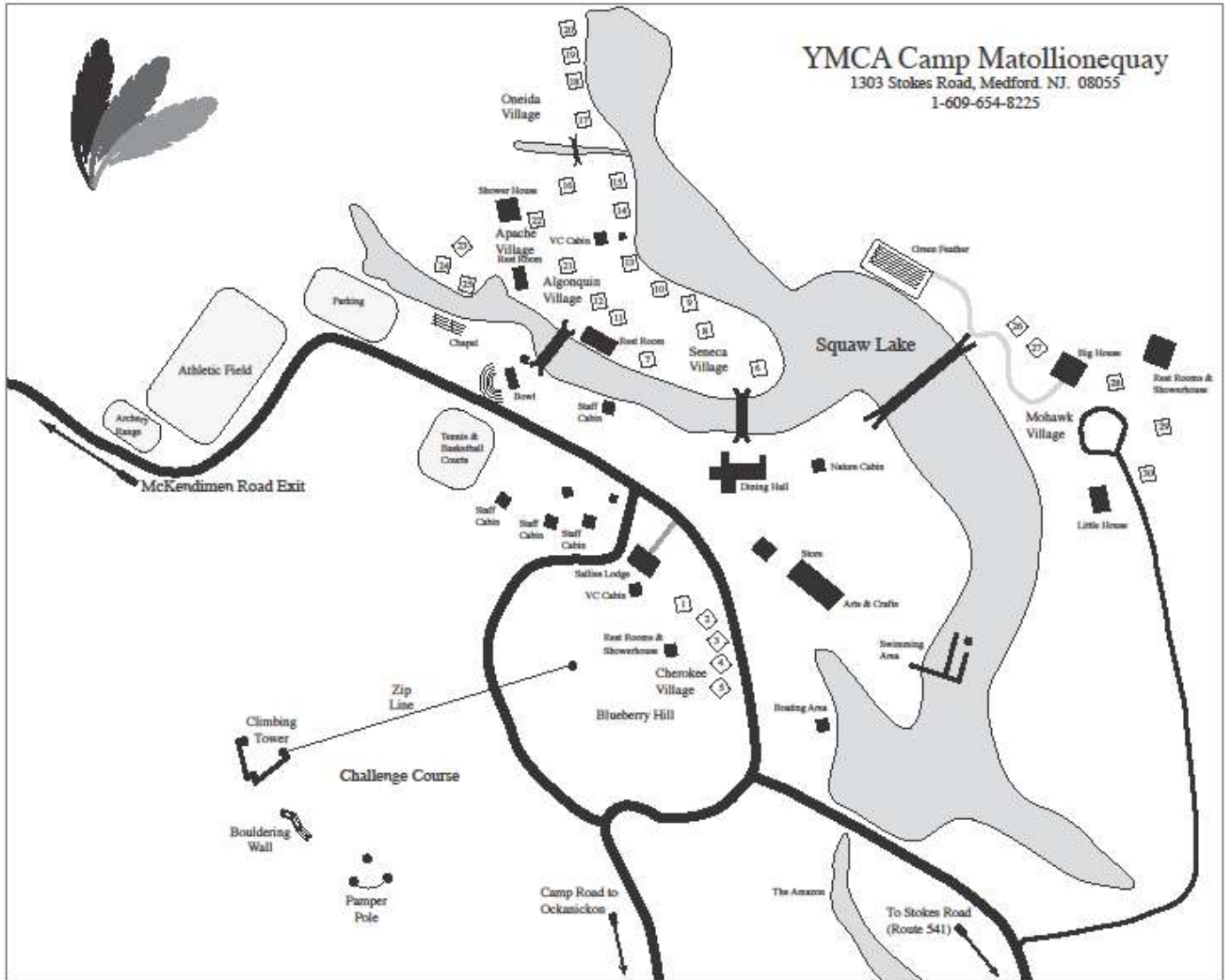


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