



**FRIENDS,  
FUN,  
SURF  
& SUN**

YMCA CAMP SURF

**Family Camp  
Castaways**

# LET'S GO TO THE BEACH

The staff at YMCA Camp Surf are excited that you and your group will be joining us for an incredible experience. This Planning Guide contains everything you'll need to make your trip a fun and memorable event for everyone. Please read through the information carefully and don't hesitate to call or email with questions.

There have been exciting changes at YMCA Camp Surf so even if you are one of our veteran camp attendees, please review the procedures outlined in the Planning Guide as several have recently changed. We look forward to seeing you at camp and on behalf of the YMCA Camp Surf staff, I welcome you!

**Kapili Pasa**  
Castaways Program Director,  
YMCA Camp Surf



# ABOUT YMCA CAMP SURF

## Trip Preparation

A roster of all guests must be emailed to camp by the group leader at least two weeks prior to arrival. This is for food preparation and to see if there are any places left for you to add that last minute guest!

If staying in a cabin (non-Summer months) we will inform the group leader of the number of cabins and bed spaces reserved, according to the numbers in your group. You may be required to split the group over multiple cabins.

## Security

Wristbands are handed out to all guests once they have officially checked-in. This is to ensure only YMCA guests are on camp and to help identify numbers of guests in case of an emergency. We also have a security camera system that monitors the two main entry points at camp as well as other locations.

## General information

Please ensure each and every guest in your group has been forwarded and read the Planning guide prior to attending YMCA Camp Surf. Parents and chaperones have a significant role to play and the weekend will run smoothly if everyone is aware of our rules and guidelines. Our website also contains information about our programs.

## Supervision at Camp

Please ensure all parents and chaperones are known to the group leader and organization you are representing. We recommend you provide training to all chaperones to minimize the potential of anyone being in a one-on-one camper/adult situation when out of sight of others. YMCA Camp Surf requires at least 1 adult for every 8 child participants.

## Camp Store

The camp store will be open for limited hours during the weekend, typically during check-in and check-out. Please plan accordingly. If you would like to purchase snacks while you're at camp there is a 7-11 and multiple grocery stores just a short walk/drive away.

## Lifeguard Service

Ocean safety is our top priority and all guests **MUST** attend the Waterfront Orientation on Saturday Morning prior to entering the ocean. All YMCA Camp Surf lifeguards are certified to meet the United States Lifesaving Association Ocean Lifeguarding and First Aid standards, the same standards met by neighboring state and city lifeguard agencies.

## Healthcare

YMCA Staff are trained in first-aid and CPR in the event of an emergency. However, chaperones are responsible for providing health care for their group members including basic first-aid and dispensing of all medication. Please come prepared with basic over-the-counter medications and a well stocked first-aid kit to care for group members. One adult chaperone from your group must be designated as the Health Care Provider.

Urgent medical care is available nearby at Sharp Coronado Hospital or Urgent Care in Imperial Beach. In case of an emergency requiring fire/police/ambulance, dial 911 and then call the camp emergency line at 619 316 7637. Please contact us in advance to discuss possible arrangements for guests with special needs.



## Cabins – Spring and Fall only

We have 280 bunk beds in a variety of cabin styles and locations (see map in this guide). Our traditional cabins sleep up to 16 people and our canvas tent-cabins sleep up to 12. They are clustered around each of our 2 bathroom and shower blocks.

Waterman Village is comprised of 4 cabents and 2 tent-cabents which sleep 12 each, powered off-the-grid with solar panels, centered around its own fire pit and a large gazebo.

## Beach Camping – Spring, Summer & Fall



Bring your own tent, camp right on the sand and wake up to ocean views. Pack light as the beach is 1/4 mile from the parking lot. Smaller tents are better for coastal weather conditions and maximizing your group's campsite space. Several communal firepits are located on the beach

## Accreditation

YMCA Camp Surf is officially accredited by the American Camp Association. We have been serving youth and families since 1969 at YMCA Camp Surf.

## Meals

Meals are served buffet-style with a fruit and cereal bar at breakfast, and a salad bar at lunch and dinner. Four meals are included in your stay. (Sat breakfast—Sun breakfast) We cater to vegetarians and, with prior notification, we endeavor to accommodate most food allergies and dietary needs. Sat breakfast—Sun breakfast, \*Extended weekends until Monday Breakfast

## Camp Store

The camp store will be open for limited hours during the weekend, typically during check-in and check-out. Please plan accordingly. If you would like to purchase snacks while you're at camp there is a 7-11 and multiple grocery stores just a short walk/drive away.



## Who We Serve

On any given weekend we will serve up to 350 guests comprised of multiple types of groups. The most common groups are Girl and Boy scouts, Y-Guides, church, sports and school groups.

# ACTIVITIES

NO signups or scheduling necessary! All activities are subject to change due to ocean conditions, weather, group size, staffing restrictions, or other unforeseeable circumstances.

## SAMPLE - Weekend Schedule

### FRIDAY

4:00pm Check-In Begins  
9:00pm Quiet Hours Begin/Office closed

### SATURDAY

8:00am Breakfast  
8:45am Safety & Activity Orientation  
9:15am-12:00pm Open Activities  
Surfing  
Body Boarding Archery  
Climbing Tower  
Arts & Crafts  
12:30pm Lunch - staffed activities closed  
2:00-5:00pm Open Activities  
Surfing  
Body Boarding Archery  
Climbing Tower  
Arts & Crafts  
5:30pm Dinner  
7:00pm Campfire / Skit Night  
9:00pm Quiet Hours Begin

### SUNDAY

8:00am Breakfast  
9:00am-12:00pm Open Activities  
Surfing  
Body Boarding Archery  
Climbing Tower  
Arts & Crafts  
12:00pm Activities Close/Cleanup  
1:00pm Departure from CampSurf

## SAMPLE - Instructor-Led Activities

**Surfing:** Introductory land lessons include parts of a board, board care, safety, paddling and 'pop-up' techniques, and assistance once guests enter the water.

**Body Boarding:** Introductory land lessons include parts of a board, board care, safety, paddling and jumping techniques, turning, and assistance once guests enter the water.

**Archery:** Instruction provided on correct technique, parts of the bow and arrow, and safety procedures.

**Arts & Crafts:** Every weekend is different with our instructor-led crafts. Many free choice activities may include wooden crafts, lanyards, surfboard face masks, bead animals, tie-dye, and more.

**30ft. Climbing Tower:** Challenge yourself while on belay with our trained staff and receive personal instruction on climbing technique and safety procedures. Must wear closed toe shoes.

**Skate and Scoot Skate Park:** Instruction provided on correct technique, parts of the equipment and safety procedures. All equipment is provided

### Free Time Activities from 8:00am-9:00pm

Sand Sculpting | Basketball | GaGa | Beach Volleyball  
Bouldering Wall | Carpet ball | Nine Square

Activities open until Monday at  
Noon on Extended weekends

# THE CHAPERONE GUIDE

## Dear Chaperone,

Thank you for serving as an adult chaperone for your group! Your commitment to the children will help make their stay at camp a safe and memorable experience. This letter is designed to help you understand the expectations of the chaperones and group leaders while at camp.

## Who We Are:

YMCA Camp Surf is a year-round facility located in Imperial Beach on 40 acres of beachfront property, leased to us by the US Navy. Our programs include Group Retreats, Family Camp, Summer Camp, Outdoor Education, and Day Camp. Our four core values of Caring, Honesty, Respect, and Responsibility are emphasized throughout all programs and rules.

## Cabins:

For safety purposes, any cabin with campers is required to have chaperones for adequate supervision. Each cabin should have at least one adult chaperone (18+years.)

**Campsites:** Tents should be arranged in a manner that allows for supervision of the children during the night. For everyone's safety, adult chaperones are encouraged to sleep in their own tents. Adults should never be alone or sleep in the same tent with only one child, unless they are the parent/guardian of that child. Smaller tents are better for supervision, maximizing your groups' campsite space and withstanding coastal weather conditions.

## What to Bring:

Please refer to the lists provided for what you might want to bring (and not bring) to camp. Keep in mind that our coastal weather can change a great deal throughout the day and there is not a lot of shade at camp. We encourage you to bring both summer clothing that keeps you cool, while protecting you from the sun, as well as cooler weather clothing that will keep you warm in the evenings. Wetsuits are always a good idea if you're planning on entering the water. Regardless of whether you're in cabins or beach camping, you are in the outdoors, home to a variety of bugs and other small animals.

It is OK for you to bring cell phones but please use them privately when you are not involved in direct supervision of children. Outlets for charging are limited and plugging chargers into bathroom outlets is unsafe and not allowed. If you need to bring medication, please make sure that it is locked and not accessible to children. Also, food in the cabin area must be sealed so it is critter-proof. To minimize rodents and other pests entering our cabins, we do not allow open food to be eaten or stored in the cabins!

**Keep in mind that YMCA Camp Surf is drug, alcohol, and tobacco free.**

Sincerely,

YMCA Camp Surf Staff



# YOUR ROLE AS CHAPERONE

**Supervision:** You will be providing supervision for all children in your group at all times. Children (all minors under the age of 18) always need to have a buddy. This means they must be accompanied by another minor (or yourself) of the same age range at meals, during activities and free time, during a midnight bathroom trip... In other words, **NO CHILD SHOULD EVER BE ALONE** or in a one-to-one situation with an adult other than their parent/guardian. You must ensure that their behavior is appropriate during their stay.

To make everyone's stay as enjoyable as possible, the YMCA Camp Surf staff asks that group chaperones and parents follow these regulations.

**The Ocean:** **NO ONE** is allowed in the water unless the YMCA Camp Surf Lifeguard Service is On-Duty and activities are running. During water activities, we request help from chaperones to keep children inside the proper flag zones, follow lifeguard directions, and assist with returning all equipment.

**Meals:** At least one adult should sit at each table. Please encourage children to make appropriate food choices in the buffet line. While tables may not be assigned, they are shared spaces. We ask that your group use as few tables as possible and clean up after yourselves. No wet clothing or wetsuits will be allowed in the dining area.

**Activity Periods:** We require at least one adult to be present to supervise each activity group. Please ensure all children are supported and supervised at all times. Camp Surf staff are there to provide engaging instruction and are responsible for creating a positive and safe environment at activity areas. Please assist them in ensuring rules and proper behavior are adhered to.

**Evenings:** Please observe the quiet hours. No sound should be heard on camp past 9pm with lights out at 10pm. On Saturday evening we will conduct a whole camp skit night. Campers are welcome to perform but please ensure that skits and songs are short and appropriate for all ages. If you prefer, we have other areas on camp where you can run your own evening activities. For the enjoyment of all, please make expectations and boundaries clear for your campers **BEFORE** they get up on stage.

**Free Time:** At various times over the weekend staff-led activities will be closed. There are many self-led activities and areas scattered around camp. Ex. volleyball, bouldering wall, beach hike, GaGa, carpet ball, basketball, etc. Helmets **MUST** be worn when using our skatepark or when skating/biking around camp.

**Shower Time:** Please make your presence known in the bathrooms but always respect a child's privacy. You must be present to make sure the children are leaving the area clean while being safe and respectful of others. In order for everyone to have the chance to wash up, showers should take less than 5 minutes per person. Use the outdoor rinse showers and save more time for activities!

**Have fun:** Have a go at the activities and make the most of your experience, too.

**Thank you again for your time, energy, and willingness to provide an outstanding experience for the children in your care. We look forward to meeting you.**



# GOT A QUESTION? YOUR ANSWER MIGHT BE HERE!

## Why does everyone need to check-in in person?

- For children and youth – explanation of rules (footwear, buddies and water activity) and headcount.
- For adults/chaperones – explanation of emergency procedures, responsibilities and headcount.
- For added security, all guests will receive a wristband so we know exactly who is registered to be at YMCA Camp Surf.

## Which cabin/campsite am I in?

Cabins are reserved by the group when the reservation is made. Check with your group leader for cabin assignments. Campsites will be assigned and communicated upon arrival. The exact location may depend on the number of people in your group, type of group, mobility needs, and by request.

## How far are the beach campsites and cabins from the parking lot?

Our closest cabins may be as little as a few hundred feet. Beach camping and more private cabins may be up to approximately a quarter mile walk. The terrain is a mix of boardwalks, hard packed dirt, and soft sand.

## Can I drive my vehicle to the beach to drop things off?

NO. All guest vehicles must remain in the main parking lot. If necessary, we can assist beach campers with large, heavy items that cannot fit in the provided beach carts. We ask that you bring only the necessities for a short campout such as a tent, clothing, sleeping bag/pillow, and shade tent/umbrella.

## Where can we get dinner? (Check-in night)

A list of restaurants will be emailed to you prior to your arrival. We are a short walk to many fantastic restaurants in Imperial Beach or a short drive to Coronado. Food may be brought back or even delivered here to camp.

## Can I go in the water after check-in?

Not at Camp Surf's beach. However, you are welcome to head south into the City of Imperial Beach and swim near their open lifeguard towers. The Camp Surf beach will open after the 8:45am Waterfront Orientation on Saturday. Access to the water at Camp Surf's beach is only permitted when our ocean lifeguards are on active duty. Please check the weekend schedule for designated times.

## Where can I find a schedule of activities and a map?

There are two large maps near the center of camp, with one adjacent to Pirate's Cove and one adjacent to the McKinney Oceanfront Center. The schedule is posted in highly visible areas throughout camp including the office window, McKinney entrance, beach gate, and cabins. In order to reduce paper consumption, please take a photo with your phone.

## Can adults participate in activities?

Yes, adults can participate in all activities but please be considerate if children are waiting.

## Do we have to sign up for instructor-led activities?

Most activities do not require a signup, meaning you are free to choose and move around activity areas. Activity times will be listed on the schedule. There may be a few activities with limited space or equipment, such as off-site bike trips, requiring a sign-up. If so, these will be posted on the schedule.

## Do you have surfboards for everyone at once?

Due to safety, we limit the amount of people and equipment in the water at any one time. For safety reasons, fiberglass surfboards are not permitted in the Camp Surf beach area. Please remember, most activities will be open for 9hrs over the weekend.

## How many fire pits will our group get?

We have a limited number of communal fire pits on the beach and most cabin areas share a fire pit. Flames should not extend higher than the height of the fire pit. You are welcome to bring your own portable fire pit and wood. Wood may be purchased for \$5 per bundle.

## Can we bring visitors for the day?

Unfortunately, we cannot allow visitors. Only registered guests are permitted on the property and in activities. Please



ensure drop offs and pickups are coordinated by the group leader.

### **What types of food will be served?**

Meals are served buffet-style with a fruit and cereal bar at breakfast and a salad bar at lunch and dinner. Each meal will include multiple hot entrée options.

### **What if I have a food allergy or dietary requests?**

Please notify us before coming to camp. We try to accommodate all serious allergies and dietary concerns but will need sufficient lead time to ensure we have the proper items in stock.

### **Do we have to bring our own snacks?**

You are welcome to bring snacks. For last minute shopping there is a Grocery Outlet approximately 1 mile away and there is a 7-11 located a short walk from camp. Please ensure all snacks in cabins are sealed and protected from insects and rodents. We do ask that you limit the amount of packaging waste brought to camp. We have water stations around camp for you to fill up reusable water bottles.

### **How do I rent a wetsuit?**

Wetsuit (short arm/leg) rentals are \$10 for the entire weekend. Wetsuits can be rented at the camp store with cash or a credit card. Rental hours will be listed on the schedule.

### **What if someone in my group hurts themselves?**

- For minor injury or illness – the group leader and First Aid provider is responsible for providing basic first-aid and transportation for their group.
- For major injury or illness – Call 911, then call the camp emergency number posted on the office door.
- While all of our staff are FA and CPR certified, YMCA Camp Surf does not offer First Aid or medication services.

### **Can we reserve a special place on camp? e.g. –Vesper's Cove**

Contact us prior to your arrival if you have a special event or location request. We have many open areas available for use at certain times and will do our best to accommodate.

### **Can I go everywhere on camp?**

YMCA Camp Surf is honored to be entrusted by the US Navy for protecting sensitive habitat and coastal environments on the property. Please stay off of sand dunes above the beach and stay on trails and designated activity areas out of the salt marsh throughout the center of camp. These are protected areas for several critically endangered plants and animals which live and nest on site. The jetty rocks, lifeguard towers, maintenance yard, and parking lot are unsafe areas for kids to play around.

### **Can we smoke, drink, fly drones, bring weapons, and set off fireworks and flares?**

None of these items are permitted at YMCA Camp Surf. In fact, they're illegal on all beaches in San Diego. Camp Surf is situated on US Navy property. So please do not bring anything that may require the Navy or us to remove you from YMCA Camp Surf.

## **A Note about Water Quality at Camp Surf**

Beaches from Imperial Beach to Coronado are currently experiencing a cross border water quality crisis. Depending on water conditions, recent precipitation, and currents, polluted water discharge from the Tijuana River watershed may close the beach at Camp Surf. Camp Surf monitors and is automatically notified of current conditions through the San Diego County testing regimen. You can check advisories and closures at <http://sdbeachinfo.com>. If an advisory is issued, we are prepared to lend out or transport equipment and staff to other local beaches so all can still have an amazing ocean experience. We also are prepared to make additional programs available on site, such as our expanded skatepark or bike tours. As water conditions are out of our control, refunds will not be issued due to ocean closure.

# ADULT PACKING LIST

## YOU WILL NEED:

- Sneakers & flip-flops
- T-shirts
- Long pants & shorts
- Toiletries & towels
- Underwear
- Socks
- Sweatshirts/jacket
- Bathing suit
- Sleeping bag and pillow
- Flashlight & extra batteries
- Sunscreen & Hat
- Reusable water bottle
- Fully charged cell phone
- First aid kit
- Tent (if beach camping)

## OPTIONAL:

- Camera
- Sunglasses
- Wetsuit (Credit Card for deposit)
- Face Mask
- Beach umbrella, shade, and chair
- Rain gear (in spring and late fall)

## LEAVE THESE AT HOME:

- NO – Alcohol, weapons, fireworks
- Stereos, TVs, Computers
- Drones
- Large barbecues
- RV's / Campers
- Skim boards, fiberglass surfboards
- Boats, kayaks, bikes, skateboards, furniture
- Balloons, confetti or anything that produces trash.

**If you bring it, you will have to carry it!**

# YOUTH PACKING LIST

## CAMPERS WILL NEED:

- Sneakers & flip-flops
- T-shirts
- Long pants & shorts
- Toiletries & towels
- Underwear
- Socks
- Sweatshirts/jacket
- Bathing suit
- Sleeping bag and pillow
- Flashlight & extra batteries
- Sunscreen & Hat
- Reusable water bottle

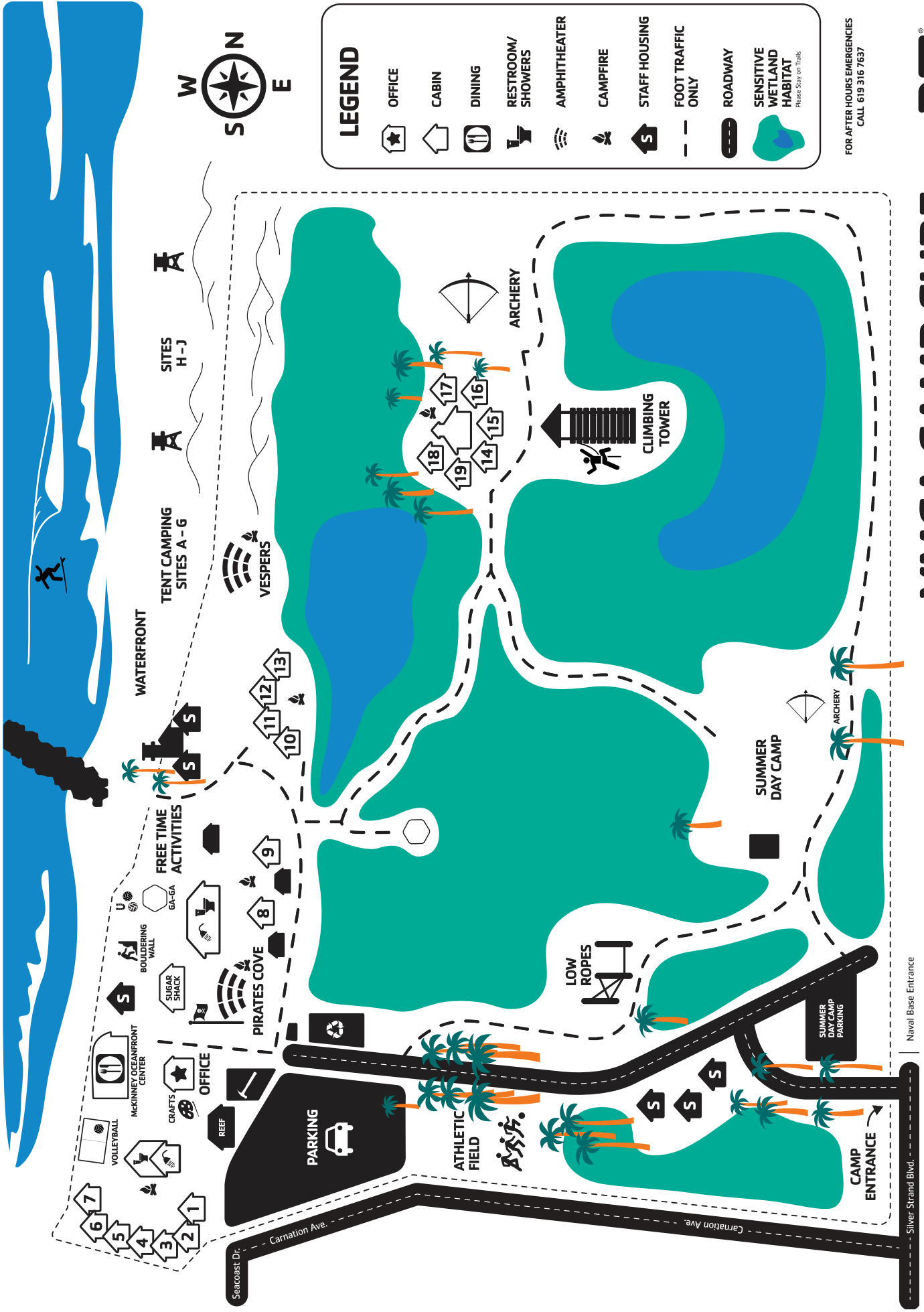
## OPTIONAL:

- Face Mask
- Camera
- Sunglasses
- Wetsuit
- Body board
- Rain gear (in spring and late fall)
- Beach toys
- Reading material (OK in school)

## LEAVE THESE AT HOME:

- NO – Alcohol, weapons, fireworks
- Stereos, TVs, Computers
- Drones
- Large barbecues
- RV's / Campers
- Skim boards, fiberglass surfboards
- Boats, kayaks, bikes, skateboards, furniture
- Balloons, confetti or anything that produces trash.





FOR AFTER HOURS EMERGENCIES  
CALL 619 316 7637



**YMCA CAMP SURF**  
560 Silver Strand Blvd, Imperial Beach, CA 91932  
P 619 423 5850 | [w ymcasd.org/camps](http://www.ymcasd.org/camps)

# DRIVING DIRECTIONS

Traveling South on I-5 or I-805, take the Palm Ave Exit and head West.

I-805 has two very different Palm Ave Exits! **DO NOT take Palm Ave. Exit #11A in San Diego.**

Instead, travel 8.6 miles farther south to Palm Ave Exit #2. See map for special note A.

Turn right (west) at the top of the ramp, onto Palm Ave.

Once on Palm, continue west towards Imperial Beach.

Just after the Intersection at 9th St, Palm Ave splits. A slight left at the lights will keep you on Palm Ave. Going through the lights and curving right will take you to Silver Strand State Beach and Coronado. See map for special note B.

If you make this mistake, take the next left on Rainbow Dr then right on Palm Ave. Otherwise it'll be a while before you can turn back around again!

Continue and keep LEFT on Palm Ave. One block after the 4-way stop, turn right (north) onto Silver Strand Blvd. Drive three blocks and you will see a Navy facility straight ahead. Look left and you'll see our sign.

Turn left at the stop sign, park in the parking lot, head up to the office, and staff will be there to welcome you!

