



YMCA OF SAN DIEGO COUNTY
**COMMUNITY
WELL-BEING
& BELONGING**

YMCA CAMP SURF OVERNIGHT PARENT GUIDE

560 Silver Strand Blvd Imperial Beach CA 91932

T 619.423.5850 | camp@ymcasd.org

www.ymcasd.org/camps

WELCOME TO **CAMP SURF**

We are thrilled that you've chosen YMCA Camp Surf for your child this summer. In this Parent Guide many of your questions will be answered. For additional info visit www.ymcasd.org/camps or call the camp office at 619.423.5850.

ARRIVAL SUNDAY

Please arrive on opening Sunday between 3:30 and 4:30 p.m.



Remember to have your Health History form and all other required forms completed before check in and bring any medications with you to check in. Required forms can be found in the [Forms Dashboard](#) in your Camp InTouch Account online.

FRIDAY DEPARTURE

We invite parents and families to join us for our Family BBQ and Surf Carnival on the final Friday afternoon. This is the perfect opportunity to take photos and share camp with your child(ren). Please leave pets at home since we cannot allow animals in camp or on the beach (and the parking lot gets hot).
12-4:00pm Check Out
12:30pm Surf Carnival

If we have experienced water closures we may adjust this to get our campers more water time before check out.



PARENT FAQ

Get ready to experience camp in a whole new way with the **Campanion mobile app!**



DIRECTIONS TO CAMP

Our physical address is 560 Silver Strand Blvd Imperial Beach CA, 91932. Travel south on Interstate 5 past Chula Vista. Exit on Palm Ave. and turn right. Go through four lights and move to the left lane. After Ninth Ave., veer left toward Imperial Beach staying on Palm Ave. Continue and turn right one block after the 4-way stop onto Silver Strand Blvd. The camp entrance is at the end of the street. Directions are also available on our website.

CAMPERS ARRIVING BY TRAIN OR PLANE

Camp Surf offers limited transportation to/from the San Diego Airport and Santa Fe Train Station. Train travel options are restricted for children 16 and under due to Amtrak policy. Please ensure you are aware of **new** travel policies by contacting Payton Schoonmaker before registering for summer camp. Confirmed and approved itineraries must be forwarded one month before arrival at camp. If your camper needs this option, don't wait—available spots fill quickly! Click [here](#) to view your current Transportation add-on selections or to add transportation.

BEHAVIOR AT CAMP

At camp, we foster an inclusive environment filled with friendship, respect and character development. Campers that cannot live within the rules of camp, or are adversely affecting the experience of other children will be dismissed without a refund. Parents are then responsible to come to camp and pick up their child.

CAMPINTOUCH

New to Summer 2025 is our parent system [CampInTouch!](#) (powered by CampMinder). Here you can fill out your camper application, camper forms, view photos and make online payments all in the same place. Visit ymcasd.campintouch.com.

CABIN MATE REQUESTS

Please know that cabin mate requests must be mutual (other parents must request your child too) with campers in the same program and within one year of age and grade of one another. To view or change your Cabin Mate Request, click on "Cabin Requests" within the [forms dashboard](#) in Camp InTouch! We will do our best to honor these requests provided they are made at least one week prior to the start of camp. Note: Most campers come alone. Making new friends is a big part of the camp experience! We will honor mutual requests, however our ability to accommodate multiple requests is dependent on overall registration. If you have any questions please contact our Summer Director Payton Schoonmaker at pschoonmaker@ymcasd.org.

HEALTH & SAFETY

PLEASE BE SURE TO PROVIDE US WITH COMPLETE EMERGENCY CONTACT INFORMATION.
ESPECIALLY IF YOU ARE TRAVELING OR GOING ON VACATION!

HEALTH HISTORY

The Health History form is required to be completed online prior to check in day so please do not mail, email or fax this form. Health History needs to be complete with parent's signature and medical information. State Health Codes also require that the camper's immunizations are up to date. If a child has any severe health conditions, has recently stopped taking a behavioral medication or has recently been under a doctor's care, a physician's authorization is required for camp attendance. If none of these conditions apply, a doctor's physical is NOT required.

PRE-CAMP HEALTH SCREENING

Please send healthy kids to camp. Upon arrival, we require each family complete a detailed health check verifying your child is healthy and symptom free. If your child is sick and therefore unable to attend camp, we are always willing to transfer them to another session based on availability. Camp staff will facilitate a daily symptom check with each camper. If a child exhibits symptoms, they will be isolated and must be picked up ASAP.

MEDICATIONS

It is important that medications, including non-prescription medications (cough drops, vitamins, etc.), are not packed in your child's things. All medications are to be submitted to health care staff at check in (State Law). Prescription drugs must be in the original container with physician's instructions. If there is more than one kind of medication please place the original containers into a Ziploc bag labeled with camper's name. You will be asked to provide further information in our online health history form regarding the dosage and frequency for dispensing your child's medications, and we will verify the instructions during check-in. Airport /Train only: place medication and completed camp forms together in a large Ziploc bag and pack inside a carry on backpack.

INSURANCE

You, as parent or guardian, are responsible for any medical costs incurred while at camp. Be sure to provide accurate information regarding your insurance carrier on the Health History Form.

WATER CLOSURES

The safety and wellbeing of our campers is paramount to everything we do. We automatically receive daily testing results facilitated by San Diego County and will not put campers in the water under any advisory or closure. In the event of an ocean closure we have plans in place for engaging alternative programming that includes:

1. When the water is closed, campers will be transported by bus to off-site beaches multiple times throughout the week. Camp Surf has secured access to beaches on the Coronado Navy bases, allowing us to provide the same amazing ocean experiences we are known for! On the rare occasion beaches are closed in Coronado, we also have permits to transport to other San Diego area beaches (ex. Mission Beach). Our staff (including lifeguards) will continue to supervise campers at these beaches.
2. On-site activities such as our expanded skate park, archery range, climbing tower, sports activities, bicycles and more.

We are cautiously optimistic about the outlook for future summers, with an encouraging trend of more open days since September 2024. While the ocean is certainly a big draw and part of camp, the value and benefits of the Camp Surf experience extends far beyond that. Campers will develop strong friendships, spend great active time outdoors, develop social skills, feel a sense of belonging and exhibit increased confidence.

2026 SUMMER OVERNIGHT CAMP WEEKLY THEMES

- SESSION 1: Pajama Party
- SESSION 2: Superheroes
- SESSION 3: Blast from the Past
- SESSION 4: Party in the USA
- SESSION 5: Allstar Sports
- SESSION 6: Character Week
- SESSION 7: Around the World
- SESSION 8: Beach Party
- SESSION 9: Color Blast

MISSING HOME

Going away to camp can sometimes be a challenging event for children and parents alike! We understand parent concerns and will work with you to ensure that your child has a positive experience. Our first practice is very simple - PREVENTION. We find that keeping campers busy is the best anti-homesickness strategy around. Sometimes, however, children still experience varying degrees of anxiety. We will support, encourage and help your child in working through this challenge. Most of the time we are successful. If your child is not adjusting well, we will phone you to report and discuss possible courses of action.

SUN PROTECTION

There is very little shade at YMCA Camp Surf. It is critical that your child understands the risks of overexposure to the sun. The best protection is regular (every 2-4 hours) applications of quality sun block lotion and lip screen. Please discuss this with your child before arrival. It is important to send non-expired Waterproof Sun Block (SPF 30+, lotion not spray), lip screen, a brimmed hat and a reusable water bottle.

FOOD ALLERGIES

We will do our best to accommodate the needs of severe allergies. Please contact us ahead of time with questions or concerns.

Food Service Director:
Joe Breedlove
jbreedlove@ymcasd.org

MAIL CALL & MORE

PHONE CALLS HOME

Our policy is to not allow campers to phone home during the week. Experience has shown that these calls are extremely disruptive, both programmatically and personal growth-wise. One of the valued outcomes of camp is a camper learning independence! Phoning home detracts from that important goal. In rare circumstances due to behavior or severe homesickness, our staff will initiate calls with your camper.

VISITING DAYS

Families can visit camp on the final Friday of their child's camp session during the Surf Carnival and BBQ. This is a great time for your camper to show you around camp, introduce you to friends and staff and share their exciting week. Check out is from 12pm—3pm, and the Surf Carnival is from 12:30pm—1:00pm.

MAIL

Campers love receiving letters from home while at camp.

SAMPLE ADDRESS

Camper's Name, Session _____
Program (Mariners, BC, etc)
YMCA Camp Surf
560 Silver Strand Blvd
Imperial Beach, CA 91932

PHOTOS

We upload photos of our campers everyday via CampInTouch which can be accessed in the "photos" tab. If needed, you can provide guest accounts to other family members in the 'Guest Accounts' tab. Upload a photo of your camper through the Companion app to receive alerts whenever new photos of them are added.

EMAILS

You can also send one-way emails to your camper via the "email" tab in CampInTouch. Emails are printed and delivered by lunch the next day, Mon – Fri. Please limit emails to one per day."

CAMP STORE

Good news! The Camp Store will be open on Check-in and Check-out days. Cash and credit cards are accepted. The camp store will not be open during the week for campers to go in. We do provide snack every afternoon from our kitchen.

LOST AND FOUND

We manage lost and found items through the camp session. On check out Friday, be sure to check our display of any unclaimed items. If you discover something is missing upon your return home, call the camp office as soon as possible. After two weeks, we will donate any unclaimed items to a local charity.

COSMETICS

We have a "no make-up" policy that complements the outdoor experience of camp life. Please leave all cosmetics and heavily scented items at home.

SURFBOARD & BODYBOARD RULES

To ensure the safety of all campers we only permit fiberglass/hard surfboards in special cases. Our long and short soft foam boards allow for safe and effective skill building in a team environment where campers are able to surf safely together in the same area. Advanced surfers that can demonstrate and consistently ride "green" waves, and go "outside", navigate a rip current on their own, duck dive effectively and do not "bail" off their board during set waves may use their own board. Campers will be required to demonstrate these skills during the first lesson on a camp short board. If the instructor determines the camper is capable and safe in the water, they will be able to use their own board in another area. This area is separate from the soft board area and all campers are in view of lifeguards.

ELECTRONICS AT CAMP

Camp provides children a chance to live without electronic devices and daily social media. For security, safety, and a number of other reasons, we do not permit cell phones, iPods, computers, tablets, electronic games, digital readers, smart watches or similar devices. If these items are brought to camp, they will be stored in a secure place and returned to parents at the conclusion of the session.

We are not responsible for damage or loss of any electronics brought to camp.



EQUIPMENT LIST

Please mark camper's name on each item. The YMCA is not responsible for lost or damaged personal articles. Please leave valuables at home. **Pack old stuff!** There's a lot of sand, dirt and sweat at camp. New clothes and shoes will need a good wash when camp ends.

MARINERS, WATERMAN, BEACHCOMBERS, SOUL, & CA's

REQUIRED ITEMS:

- | | |
|---|---|
| ☐ 1 Hat or Cap w/ brim | ☐ 2 pairs of Long Pants |
| ☐ Waterproof Sun Block SPF 30+
Please lotion only,
NO AEROSOL sprays. | ☐ 5 pairs of Shorts |
| ☐ Waterproof Lip Screen SPF 30+ | ☐ 1 or 2 Sweatshirts or Jackets |
| ☐ Water Bottle or Canteen | ☐ 5 T-Shirts |
| ☐ Wetsuit and/or RASH GUARD—
nylon shirt worn in water to
protect from irritation & sun
exposure. | ☐ 1-2 Swim Suits |
| ☐ Backpack (day pack) | ☐ 6 pairs of Underwear |
| ☐ Sleeping Bag
(All campers do a sleepout) | ☐ 6 pairs of Socks |
| ☐ Pillow | ☐ Pajamas |
| | ☐ Sneakers/Tennis Shoes |
| | ☐ Flip-Flops/Sandals |
| | ☐ 2 Towels (1 beach, 1 bath) |
| | ☐ Toiletry articles - toothbrush,
toothpaste, shampoo |

OPTIONAL ITEMS:

- ☐ Stationary, Postcards, Stamps
- ☐ Book, Reading Materials
- ☐ Camera (inexpensive)
- ☐ Sunglasses
- ☐ Flashlight
- ☐ Extra Beach Towel

ASK YOUR CAMPER!

Research shows that intentional questions can produce significant learning and performance benefits.

PRE CAMP ?'s

- What's one new thing you want to try while you are away at camp?
- What's one thing you are most nervous about? How will you handle that situation once you're at camp?

POST CAMP ?'s

- What's something new you tried at camp?
- What's the most surprising thing you learned (about yourself) while you were away at camp?
- What's the one thing that makes you want to go back to camp?
- Tell me about your new camp friends? Favorite camp counselor?



**NOT
PERMITTED**

- | | | |
|----------------------|-------------|-----------------------|
| • Video games | • Candy | • Aerosol sprays |
| • iPods/iPads/iWatch | • Alcohol | • Makeup |
| • Laptops/Tablets | • Drugs | • Pets |
| • Cell Phones | • Tobacco | • Offensive materials |
| • Digital Readers | • Weapons | |
| • Food | • Fireworks | |