



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

YMCA RAINTREE RANCH PARENT GUIDE

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WELCOME RAINTREE CAMPERS

We are thrilled that you've chosen YMCA Raintree Ranch for your child this summer. In this Parent Guide many of your questions will be answered. For additional info visit ymcasd.org/camps or call the camp office at 760.765.0642.

ARRIVAL SUNDAY

Please arrive on opening Sunday between 1:00 and 2:30 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.

HORSE SHOW FRIDAYS

On Friday, our horse show starts at 2:30, and we will transition to our bolo and awards ceremony at 3:30pm. Afterwards, please stick around for the BBQ at 4:00pm! If you are not attending the horse show, bolo ceremony, or BBQ, we ask that you pick up your camper anytime between 3:30pm-4:30 pm. Photo ID is required for pickup, and any authorized pickups must be listed on your camper's admission form.



PARENT FAQ

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

BEHAVIOR AT CAMP

At camp, we foster an 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.

DIRECTIONS TO CAMP

Our physical address is 2315 Frisius Dr. Julian CA 92036. From Ramona (north and east of San Diego), continue on Rte. 78 East. After 16 miles, you'll pass through the small town of Santa Ysabel. Continue on Rte. 78 for six more miles and, one mile before Julian, turn right on Pine Hills Road (it is well marked). Follow our camp signs, turn left on Frisius Dr. and continue for about 3/4 mile until you see YMCA Raintree Ranch on the right.

BUS TRANSPORTATION

You must register for bus transportation online for each bus trip separately (ie "to camp" and "from camp"). For the bus ride to camp, please arrive at Mission Valley Family YMCA (5505 Friars Rd) at 1:00pm, as the bus departs at 1:30pm. On Fridays, the bus departs camp at 5:00pm, which will place the bus at Mission Valley Family YMCA between 6:00pm-6:30pm. Cost is \$50 each way. No refunds or credit will be issued for bus cancellations 14 days prior to the start of the camp session for transportation to and/or from camp. Click [here](#) to view your current Transportation add-on selections or to add transportation.

CAMPINTOUCH

Our parent portal, CampInTouch (powered by CampMinder), is your one-stop hub to complete camper applications and forms, view photos, and make online payments—all in one 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 Sharnaye Neale at sneale@ymcasd.org.

HEALTH & SAFETY

HEALTH HISTORY

The Health History form is required to be completed online prior to check in day, complete with parent's signature and medical information. State Health Codes also require 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

All medications, including over the counter medications are 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.

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.

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.

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



Our practice is to call you if a camper is out of program for more than two hours.

Allergies: We will do our best to accommodate the needs of severe allergies. Please contact our Program Director, Sharnaye Neale at least two weeks in advance with questions/concerns: sneale@ymcasd.org

Illness: If your child is sick, please do not send them to camp. Please contact the office and we will try to reschedule their camp session in cases of documented illness. For all other health matters, we will call you if your child is out of program for more than two hours (sometimes they are just tired and need to rest!). We will also call you to report any accidents more severe than a simple scratch or splinter.

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

We do not normally permit visiting days during your camper's sessions. This can be disruptive to your camper's experience, as well as distracting for other campers. We find that campers benefit greatly from a fully immersive and uninterrupted experience! If for any reason you must check out your camper during their session, please let staff know upon check in so we may have them ready on the day you plan to pick up.

MAIL

Campers love receiving mail from home while at camp. To guarantee delivery, you may also drop off letters during check in that you would like to be distributed to your camper throughout the week! For all other mail, please note that it does take a few days to deliver.

SAMPLE ADDRESS

Camper's Name, Session # _____
YMCA Raintree Ranch Cabin # _____
PO Box 2440
Julian, CA 92036

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 card 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.

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 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.



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.

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 lots of dust and red clay soil at camp. New clothes and shoes will need a good wash when camp ends.

REQUIRED ITEMS:

- Sleeping Bag - needed for campout
- Pillow
- HEELED BOOTS*** for riding 
- 1 pair of Sturdy Sneakers for hiking
- 2-3 pairs of Long Pants
 - Must be jeans or pants specifically made for riding.
 - Yoga pants, leggings or athletic warm-up pants won't work.
- 1 camp appropriate Swim Suit
- 2 pairs of Shorts
- 1-2 Sweatshirts or Jackets
- 6 T-shirts*
 - Must be appropriate for being around horses.
 - Low-cut or midriff showing shirts are unacceptable.
- 6 pairs of Underwear, Sports Bras
- 6 pairs of Socks
- Thin/cool Pajamas, or T-shirt/Tank Top/Shorts
- 1 Hat or Cap with brim
- 2 Towels
- Toiletries: soap, toothbrush, toothpaste, deodorant
 - A shampoo/conditioner 2-in-1 is best with limited shower time.
 - A small bottle of body wash is easier to manage than a bar of soap.
- Comb/Brush
- Lip Balm, Chapstick
- Sunscreen Lotion
- 2 Large Water Bottles labeled with camper's name
- Laundry Bag, or Trash Bag for dirty/wet laundry

***HEELED RIDING BOOTS:** For safety concerns and overall comfort while on horseback, a riding boot is an important piece of attire. Riding boots need to have at least a 1/2 inch straight heel and fit up over the ankles; this is to help keep feet securely in the stirrups. Used boots can be found at second hand/thrift stores. New boots can be purchased from retailers that carry western/ranch apparel such as Boot Barn or Tractor Supply Co.

We have a boot collection and are always looking to expand. Please help us out and donate any boots that your camper may have outgrown. We would love to give them a good home at YMCA Raintree Ranch.

***T-SHIRTS:** Due to safety concerns, campers will be asked to wear T-Shirts during their daily time at the barn, while riding, and anytime they are around horses. Mounting and dismounting a horse creates a situation where clothing can get wrapped on the horn of the saddle; T-shirts help to eliminate this issue. While tank tops are more appropriate during other camp activities we ask that campers **please refrain from wearing shirts that are low cut, midriff showing or have dropped arm holes.**

OPTIONAL ITEMS:

- | | |
|--|--|
| <input type="checkbox"/> Book, reading materials | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> Stationary, stamped envelopes | <input type="checkbox"/> Day pack |
| <input type="checkbox"/> Camera | <input type="checkbox"/> Guitar/musical instrument |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Flip flops for showertime |
| <input type="checkbox"/> Bandana/neckerchief | <input type="checkbox"/> Blankets/sheets (twin) |
| | <input type="checkbox"/> 1 pair old sneakers <ul style="list-style-type: none"> • Sandals only allowed for shower time. |

RIDING HELMETS:

We require that all participants wear a ASTM/SEI approved helmet while on or around horses. **We provide certified helmets for participant use that are disinfected daily.** If you choose to bring your own helmet it must be staff approved and meet the following conditions: less than 5 years old based on manufacturing date, ASTM/SEI certified for horseback riding, has never sustained a fall/impact.

NOT PERMITTED



- | | | |
|-------------------|------------------|---|
| • Video games | • Alcohol | • Offensive materials |
| • iPods/iPads | • Drugs | • Makeup |
| • Digital Readers | • Tobacco | Our "no make-up" policy complements the outdoor experience. Please leave all cosmetics and heavily scented items at home. |
| • Laptops/Tablets | • Weapons | |
| • Cell Phones | • Fireworks | |
| • Food | • Aerosol sprays | |
| • Candy/Gum | • Pets | |

JEWELRY

Due to safety concerns we will not allow necklaces to be worn while riding horses. We recommend leaving them at home.

“THE BOLO PROGRAM”

Raintree Ranch Horsemanship Achievement Level System

On the first day campers can join the Bolo Program. Although it's voluntary, just about everyone participates. Study packets are given on Monday of camp. Skills tests occur throughout the camp week and written tests are available Friday after Breakfast.

Note for Returning Campers: Bolo requirements have changed slightly from previous years, but you will NOT have to repeat levels that you have already achieved.

- Campers may only attain one bolo level per week.
- All new campers must begin at the Filly level, but riding lessons will be separated by ability not bolo level.
- Most levels can be attained during one week of camp. The Trail Master is the hardest and most difficult to achieve. Not everyone completes this level, and most campers need more than one week to achieve Trail Master.
- The requirements for each level are as follows:

1 | FILLY

- Demonstrate proper approach, lead, mount, dismount.
- Identify 5 parts of horse.
- Identify 5 grooming tools and their use.
- Give 3 horse safety rules.
- Identify 3 parts of bridle and 3 parts of a saddle.
- Ride a walk in proper equitation.

2 | COLT

- Identify 10 parts of a horse.
- Identify 5 horse colors & describe or provide example.
- Identify 6 parts of a bridle.
- Describe 6 horse safety rules.
- Demonstrate safe behavior around horses.
- Assist with cleaning manure.
- Ride a walk while standing in stirrups.

3 | STALLION

- Identify 15 parts of a horse.
- Identify 10 parts of the saddle.
- Identify 5 common face markings.
- Describe 3 horses and their common uses.
- Demonstrate thorough grooming of a horse.
- Demonstrate proper tying of quick-release knot.
- Assist with morning chores (min. 1x).
- Ride a sitting trot in proper equitation.

4 | RANCH HAND

- Identify 25 parts of a horse.
- Describe the parts of the horse hoof.
- Describe the differences between feed and forage.
- Describe proper use of riding aids: 4 natural, 2 artificial.
- Demonstrate proper saddling of a horse.
- Demonstrate thorough cleaning of horse's hooves.
- Assist with morning chores (min 2x).
- Ride a posting trot in proper equitation.

5 | JR. WRANGLER

- Identify 30 parts of a horse.
- Identify 5 common leg markings.
- Identify 3 common western riding bits and their appropriate usage.
- Describe 5 common horse diseases, including prevention and treatment.
- Demonstrate thorough cleaning and conditioning of a saddle.
- Assist another camper with saddling.
- Assist with morning chores (min 3x).
- Ride a 7x7x7 (sitting, posting and standing trot for 7 beats each). equitation.

6 | WRANGLER

- Describe effective strategies for internal parasite management.
- Describe at least 3 components of good hoof care.
- Describe how to safely lunge a horse in a round pen.
- Demonstrate how to bridle a horse and adjust for correct fit.
- Demonstrate how to take a horse's pulse and respiration rate.
- Assist with teaching trail etiquette.
- Assist with morning chores (min 4x).
- Compose an essay that details 5 equine industry careers that you find attractive/interesting.
- Ride a posting trot on the correct diagonal and begin a canter/lope.

7 | RAIN TREE RANCHER

- Describe the normal ranges of 6 equine vital signs.
- Discuss the proper reactions to 3 different trail hazards.
- Demonstrate disassembly of a bridle and proper reassembly.
- Demonstrate the steps of a thorough lameness evaluation.
- Assist with feedings (1x day with a min. 2 mornings)
- Assist with the horse show.
- Assist with morning chores (min. 4x)
- Compose an essay on the meaning of horsemanship and include thoughts on the Y's four core values.
- Ride a controlled canter/lope.

8 | TRAIL MASTER

- Minimum age 13.
- Assist in the instruction of one trail ride.
- Assist with feeding twice daily.
- Assist with morning and evening chores daily.
- Describe the process of equine digestion using proper anatomical vocabulary.
- Demonstrate how to safely administer equine oral medication de-wormer.
- Demonstrate how to apply a hoof pack and bandage.
- Demonstrate how to ground drive a horse through/over an obstacle.
- Compose an essay detailing your bolo experience.
- Ride balanced transitions between walk, trot, canter/lope.
- BE A CAMP ROLE MODEL!