

CCYMCA Camp Nellie Huckins

Women's Wellness Weekend Info & Expectations

We are looking forward to a full weekend of camp fun! The information below will help you understand the opportunities, schedules and expectations. Thank you for taking the time to review it.

Meal Schedule: meals are at: 8:00 am Breakfast, 12:30 Lunch, 5:30 Dinner.

Bugles: Camp operates on a **bugle system**, with each bugle during the day signaling a transition and serving as a reminder. The first bugle of the day wakes camp up. Before each meal there will be 2 bugles – the first will be 20 minutes before the meal and is the signal to send at least one person from your cabin to “waitress”. The next bugle, “Soupy”, lets you know it's time to head to the Dining Hall.

Meals: When you hear the “Soupy” bugle, you have ten minutes to get to the Dining Hall. Please wash your hands prior to heading to eat. Meals will be buffet and we ask everyone to wait until after Grace & Gratitude before getting any food from the buffet. Chef Joel creates delicious meals, with gluten free, dairy free and vegetarian options.

At the end of each meal, we ask that you put any leftovers from your plate into the compost or trash and put your dishes in the appropriate rack in the kitchen. Each person is responsible for cleaning up their table area.

Capers: Each cabin has been assigned specific capers during the weekend – thanks in advance for your help! Please help us take care of the beautiful camp grounds and spaces by putting trash and recycling in the appropriate bins. Each division has centralized trash and recycling barrels, as does the waterfront, sportsfield, and craft shop.

- At the end of camp, please sweep your cabins and take cabin trash to the divisional trash cans. Be sure to check under beds, on clotheslines and the bathhouses for personal belongings!

Activities at Camp: The schedule for the weekend will be shared at check-in. We will also make periodic announcements in the Dining Hall. We will adapt the schedule based on weather. The sportsfield equipment is available for your use throughout the weekend.

Check-in Time: Check-in is from 3:00 – 5:00pm on Friday at the Camp office. If you will be arriving after 5:00 pm, please let the office know. The office will be open until 8:00pm for late arrivals. Women's Wellness weekend will end after lunch on Sunday.

Moving Into Your Cabin: Upon your arrival at camp, please feel free to drive your car to your cabin and unpack. Then, return your car to the parking lot where it will be left for the duration of your stay. If you move beds around during your stay, please return the cabin to its original set up before you leave.

Quiet Times: We ask that all are quiet during rest hour after lunch on Saturday and after 9:00 pm.

Bathrooms: Each Division has bathroom and shower facilities available. The Dining Hall, Sports Complex and Program Lodge also have bathrooms available.

No pets are allowed during our Women's Wellness Weekend.

We are a **SMOKE FREE** environment.

Alcohol may be consumed responsibly in divisions by those 21 and older. Please be sure all bottles, cans, tops, corks, etc. are recycled or disposed of appropriately. Participants under the influence of alcohol may not participate in waterfront or small crafts.

Vehicles: All vehicles should be parked in the main parking lot after unloading at your cabin. CCYMCA Camp Huckins is not responsible for theft or damage to vehicles.

Program Equipment: Camp Huckins provides all necessary program equipment. Camp Huckins assumes no responsibility for damage, theft or loss of any personal items brought to camp. You are responsible for personal items that you bring onto Camp Huckins property.

No firearms, other weapons, controlled substances, tobacco, marijuana, are to be bought to CCYMCA Camp Huckins. Please review these rules and policies carefully with your children. Most of the rules pertain to safety precautions and our staff will be enforcing them.

Packing List

- Sleeping bags/sheets and blankets/pillow
- Flashlight/good book/Toiletries/Sunscreen & Bug spray
- Warm coat/sweatshirt
- Bathing suit/ towel
- Casual clothing for two days

- Sneakers/comfortable walking shoes

Please review these rules and policies carefully. Most of the rules pertain to safety precautions and our staff will be firm in enforcing them.

Health and Wellness at Huckins

We thank you all for arriving healthy to Huckins. Huckins is a mask friendly space. Masks are available on-site.

The WATERFRONT - SWIMMING AREA

A. ***No one is allowed in the water at any time without a lifeguard on duty.***

There must be a staff member on duty to check swimmers in and out of the swimming area.

Please do not go over or under any ropes. There is a special entrance and exit area that will be CONTROLLED by the staff.

B. **Anyone wishing to swim in the Outside Area - deep water area - must pass the Camp Huckins Outside area test.**

This includes swimming the length of the outside area, treading water with one hand out of the water for 60 seconds, and swimming on your back to return to the start.

C. The **Outside Area** will be open when lifeguards are available. Swimmers must have a buddy to go into the Outside Area.

D. **Swimming is permitted at the Waterfront area only.** No swimming at the Senior Div. Beach area, etc.

F. **Camp has a retaining wall that goes from the small crafts beach all the way across the swimming area.** Please be careful with young children around our granite steps and stay away from the wall area. It will be roped off at all times. Please do not go under the ropes!!

SMALL CRAFTS - BOATING BEACH AREA

A. ***Everyone wears a lifejacket when out in any boat.***

B. Please check in with the staff member on the beach before going out in any boat, as specific rules apply. **If a staff member is not on the beach, you may not take out a boat.** In this situation, please go to the Waterfront area and talk with the Staff member on duty.

C. Camp has specific boating boundaries for safety. No boat should go out of vision of the Small Crafts beach.

Our fleet includes: canoes, sailboats, kayaks, and paddle boards. (please do not bring your own boats).

SPORTSFIELD AREA

A. **Tennis Courts** can be used for tennis and pickleball. Please be respectful of court time. If others are waiting to use courts, please limit your court time to one hour. Tennis and pickleball equipment are in the sports shed. Please feel free to use it and remember to return the equipment when finished.

- ***Bikes are not allowed on the tennis or basketball courts.***

B. **The Archery Range** will be open at specific times. These times will be announced.

C. All sports field equipment is available for your use. Please return it to the shed before you leave the area.

General sports and organized games will be available.

CRAFT SHOP AREA - IN THE MIDDLE DIVISION

A. The Craft Shop will be open daily for camp craft activities, with craft shop specials offered daily.