



2015

# Outdoor Education Program Guide



Outdoor Education  
Camp Speers YMCA in the Poconos

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*Please click on the links below for access to additional materials to designed to assist you in planning your trip.*

- [Letter to Chaperones](#)
- [Student Behavior Contract](#)

## Philadelphia Freedom Valley YMCA Mission

Our mission is to translate the principals of the YMCA's Christian heritage into programs that nurture children, strengthen families, build communities and develop healthy minds, bodies, and spirits for all.

## Outdoor Education Program

Our Outdoor Education programs consist of activities that promote experiential learning in a unique and welcoming learning environment to provide for the continuous development of the spirit, mind and body.

## Cabins and Facilities:

1,100 forested acres surrounding our private 42-acre Lake Nichecronk provides an unspoiled natural environment to explore and enjoy. Since our establishment in 1948 as the first YMCA camp to accept children of all ethnic groups, races, economic backgrounds, religions and nationalities, Camp Speers YMCA has provided magical camp experiences for thousands of children from the US and beyond.

### *Duplex Cabins*

Duplex Cabins are modern heated cabins feature in-cabin bathrooms.

Duplexes (cabins 1, 3, 4, 5, & 6) sleep 28 people with 14 beds on each of two sides. The most popular lodging facilities on camp, the duplexes also feature spacious common rooms with table & chairs.

### *Cottages*

Cottages (cabins 8, 10, 11, 12) sleep 8 people each and feature bathrooms and shower in the cabin.

### *Lakefront Cabins*

Lakefront cabins are located on the shores of Lake Nichecronk. The covered porches make these cabins the ideal spot to enjoy the sunset or spend an evening sitting on the porch and simply enjoying the view. Bathrooms are conveniently located in nearby blockhouses.

### *Dining Halls*

Meals served in modern dining halls, are times of fun-filled community building complimented by well balanced, hearty and delicious foods.



## Large Group Activities

### *Alpha/Beta*

An activity designed by the Peace Corps to prepare their volunteers for the culture shock they may experience when sent to their project sites across the globe. We have adapted this activity so that it results in meaningful discussions about the formation and interaction of social groups (cliques) that can be found in students' everyday lives.

#### Goals

- Understand how/why stereotypes and social groups are formed
- Make students better able to navigate their own personal social environment
- Understand how to help peers who are socially inept or in social peril

### *The Beast*

Can your small group work together and communicate well enough to accurately recreate the beast? Only one team member can see the beast and the detailed instructions to rebuild it must be communicated from that person to the runner, who talks with the buyer who buys the parts and communicates with the builder who puts it all together.

#### Goals

- Improve, through experience and discussion, the communication skills of all participants
- Discuss the many different forms of communication, how they are commonly used, and tricks to make sure we are using them properly to reflect what we truly mean

### *Quest*

Is your group ready to be challenged in different ways again and again all evening long? Be ready for our group team building challenges set up in rotating stations allowing for only a certain amount of time for each task.

#### Goals

- Improve group/team dynamics
- Promote self-confidence, self-esteem and sense of belonging as students participate in different roles so that their group can succeed

### *Inventions*

Design, market, make financial plans, build, and test your groups' egg drop invention.

#### Goals

- Make the students into entrepreneurs and help them understand the challenges entrepreneurs face
- Improve each students' ability to work in a small yet demanding group

## Large Group Activities for the Day

### *Bombardier*

Students complete various group tasks that demonstrate what they've learned in the activities they have participated in. In between tasks, groups must follow the next clue to the location of the next task while avoiding the clever and well camouflaged bombardier.

#### Goals

- Reinforce lessons and concepts learned in previous activities

### *Meadow Games*

Let our staff open our sports shed and give out sports equipment so that students can relax and play on one of our fields or use our playground.

- Gives everyone the opportunity to rest and relax while being able to choose what activity they will participate in

## **Large Group Activities for the Evenings**

### *Night Experience/Night Hike*

Take a walk with us in the dark to a secluded spot in camp where we will have a series of discussions and complete different activities to help students to identify and understand how humans and other animals adapt to low light environments.

#### Goals

- Identify and experience how our bodies adapt to low light environments
- Learn about special adaptations animals have that allow them to live in low light environments

### *Campfire/Talent Show*

In our beautiful outdoor amphitheater, sing songs and show your cabin's talents and/or watch us show how silly we can be. Don't miss the end of campfire when we roast marshmallows and make s'mores.

#### Goals

- Opportunity for students to perform in front of their peers
- Develop positive and supporting relationships between all participants

### *Night Zip*

Experience our zip line in the cover of darkness, glow sticks encouraged.

#### Goals

- Mentally and physically challenge students
- Develop positive and supporting relationships between students

## **Science/History Based Activities**

### *Archeology*

Explore the past by becoming real life historical detectives. Their journey begins by visiting a variety of historical camp locations, including an authentic pioneer homestead site (dated to the 1840s). Students will then examine artifacts removed from the site during an actual dig in 1989. Students will then participate in a dig in our Archeological Dig Site.

#### Goals

- Identify common characteristics of archeology and define basic archeological terminology
- Understand processes and methods archeologists use, like researching and cataloging

### *Child's Park*

*(Additional Fee or Transportation Required)*

Learn about the local natural history and mythology while strolling through an Eastern Hemlock forest and observing three cascading waterfalls and other unique geologic sites.

#### Goals

- Discussion and simple understanding of sedimentary geology, the water cycle, hydrology and their relation to the natural environment found in Child's Park
- Discuss the importance of preserving natural areas

### *Nature Trail*

Experience our 1.5 mile trail through a Pine, Oak and Hickory forest, glacial moraine, and through a Sphagnum Moss bog. Take advantage of the unique opportunity to explore the extraordinary environment in our bog, it is one of only 15 in the continental U.S. and the second southernmost.

#### Goals

- Comprehend basic glacial geology, how bogs form and the importance of them
- Observe and discuss some of the unique and rare plants and animals found in the bog
- Discuss the importance of preserving natural areas

### *Wildlife Ecology*

Students explore relationships between wildlife, their surroundings, and humans. Wildlife habits, needs, identification, and interrelationships are discussed. Mounted specimens, skeletons, and field guides are used to assist in the student's investigation. Program includes games that illustrate what the students have learned.

#### Goals

- Recognize needs of wildlife; what, how and why
- Basic understanding of the importance of the relationship between wildlife and health of their ecosystem and the relationship between the health of an ecosystem and the health of the planet

### *Pond Ecology*

Investigate the relationships and processes occurring in Nichecronk Pond, surrounding streams and similar aquatic environments. Students will work together using collection pans and nets to search for organisms in our pond and streams.

#### Goals

- Identify differences between ponds, lakes and streams including the different ecosystems they support
- Use identification charts and field guides to identify the organisms they find
- Use organisms they find as environmental indicators to determine the health of the environment

### *Ornithology*

Learn about and play games to understand some of the adaptations birds have developed over hundreds of thousands of years. Take a walk on our camp birding trail to see what birds you can find and identify.

#### Goals

- Learn simple bird watching and bird identification techniques
- Understand basic ornithology terms like classification, different parts of a bird, etc.

## **Adventure/Individual Skill Based Activities**

### *Orienteering*

Learn how to combine the techniques of map and compass reading to make sound navigational decisions in your home town, city, and in the back country. Test your skills on our orienteering course!

#### Goal

- Understand basic map and compass use and apply them to navigating any area

#### *Archery*

Participate in instructional archery training. We teach target sport practices and guidelines set by the National Archery Association.

#### Goals

- Safety education and mastery of archery basics
- Develop positive and supporting relationships between students

#### *Climbing Tower*

Students will have the opportunity to climb at one of our two climbing towers.

#### Goals

- Safety education and understand basic safe climbing techniques
- Challenge each student physically and mentally
- Develop positive and supporting relationships between students

#### *Survival*

Learn basic survival skills that you would use in the outdoors and why they are so important. Work in small teams to build outdoor shelters and/or build a fire.

#### Goals

- Understanding of basic survival skills and how to use them
- Build an outdoor shelter and/or fire

#### *Mountain Biking*

Take a guided ride on our beginner to advanced dirt trails that will take you all over camp and around Nichecronk Pond. Helmets and bikes provided for all ages.

#### Goals

- Understand and practice safe biking skills while learning mountain biking basics
- Physically challenge students

#### *High Ropes*

(Additional Fee, participants must be 12 years-old or older)

Climb up into the high ropes elements, our circuit, provides a choice of two separate paths, both end at our zip line. Other elements include the giant's ladder (students work together to climb a ladder) and the pamper pole (a challenge where a student climbs a telephone pole and then safely jumps off).

#### Goals

- Mentally and physically challenge students
- Develop positive and supporting relationships between students

#### *Horseback Riding* (Additional Fee)

Choose between a horsemanship clinic and a trail ride. The horsemanship clinic begins with riding safety and wraps up with an instructional riding experience in the arena. While the trail ride begins with riding safety, and concludes with a ride through our scenic trails.

#### Goals

- Learn and practice safety precautions required around and on horses
- Develop equitation skills, natural aids, control and confidence

## **Team Building/Social Interaction Based Activities**

### *Confidence Course*

Learn and practice safe spotting techniques while understanding how to trust one another. Then students will safely navigate their way across our low ropes course.

#### Goals

- Understand and practice safe spotting techniques
- Develop positive and supporting relationships between students

### *Team Building I*

Enhance your cooperative social skills while playing a series of games and completing group challenges. Team building I involves a series of props, provided by the facilitators, but doesn't involve our challenge course.

#### Goals

- Develop trust, communication, leadership, cooperation, and other skills
- Establish a healthy and extremely supportive group environment in which participants are comfortable stepping out of their normal personal bubble

### *Team Building II*

Test your groups' team working skills on our challenge course. We have many different elements, each designed to challenge the group in different ways.

#### Goals

- Develop trust, communication, leadership, cooperation, and other skills
- Build self-esteem and self-confidence as participants discover the many diverse roles that they can play to help the group accomplish the given task

## **Guest Presenters**

*(These presenters require an additional fee and plenty of advance notice)*

### *Touch of Nature*

Jerry Zelenka brings 10-15 different animals, from the smallest mammals to large snakes, for an up close and personal show and tell.

### *DJ Dancing*

A local DJ will help your students dance the night away, or at least until snack time, with a dance hall extravaganza.

### *Birds of Prey*

The Delaware Valley Raptor Center brings up to 6 different raptors (hawks, falcons, owls, and eagles) for the students to experience up close while gaining an understanding of a variety of ecological concepts.

## **Other Activity Information**

*Early Morning Activities:* Teachers or chaperones may offer early morning activities (before breakfast) to interested students. These can include jogging, bird walks, deer walks, wake up exercise, fishing, etc. Chaperone must maintain supervision of all students, including supervision of students who choose to stay in their cabins.

*Fishing:* Fishing will be permitted only during specified times under adult supervision. Students are welcome to bring their own fishing equipment. All fish that are caught are to be immediately released into the pond. No fishing is allowed in the waterfront areas or off swimming docks.

*Journal:* It is a great idea to incorporate a daily journal into this program. Journals can be made at school prior to departure or a time at camp may be set aside. Journals provide lasting documentation of the trip and are a great way for students to evaluate their experience.

*Ort Program:* Ort is defined as “left-over food on a plate”. Our ort program educates students about food waste and making good food portion choices. Participation in our ort program also helps conserve food that we don’t eat so that it can be given to local farmers to feed their animals. The leftover ort is measured after every meal and the results are charted throughout the groups’ stay. This program helps students connect the amount of food they waste during meals to how simple it is to make positive dining choices.

*Camp Store:* The camp store has practical items like batteries, flashlights, tooth brushes, etc. as well as Camp Speers YMCA T-shirts, sweatshirts, and other paraphernalia. Please let us know if you would like us to open the camp store for your group.

## Planning Guidelines

### Working with the Outdoor Education Coordinator...

The Camp Speers YMCA Outdoor Education Coordinator will help you plan appropriately for your trip and is responsible for careful implementation of the program. Constant communication leading up to your trip between the Outdoor Education Coordinator and the lead teacher/representative from your group is vital to the ability of your group to reach its goals while at camp. To assist us to begin the planning process, please provide us with the following information:

- Approximate number of students and adults attending
- The goals your group hopes to accomplish during the trip
- Ideas or requests for classes and evening programs
- Special requests or needs the group might have, especially special dietary needs
- Best time & method to reach you

Returning schools: we take copious notes of your school's past experiences, but reminders about details that are important to your group are appreciated. We are continually upgrading and improving our program, so please be open to trying new classes and activities.

The Outdoor Education Coordinator will create a tentative schedule based on the requests and information given by the group. This schedule will then be emailed to the group lead teacher/representative for revision. Please carefully review this schedule and contact us with any questions you may have. We try to organize our teaching schedule at least two weeks in advance of your arrival, last minute changes can be difficult. We hope to work out all scheduling details well in advance of the group's arrival.

### Preparing your Students and Staff...

*Educationally* – The Camp Speers Outdoor Education Program is a school in the outdoors, all our programs have an experiential educational foundation.

*Logistically* – Please make sure that all participants are prepared for an outdoor classroom experience; raincoats and warmer clothing in the colder months are a must! Share the group goals of the trip and the selected activities with your students and teachers. Make sure all necessary forms have been sent home and that parents have the Camp Speer YMCA phone number in the event of any emergency.

*Emotionally* – Our 1,100-acre setting located in the Pocono Mountains is unique and apt to be different from what your students are used to at home. camp programs tend to be short but demanding; therefore students can experience a wide variety of emotions while they are here. We ask that you address student's behavior before you arrive; many schools have found that a behavior contract signed by students and parents is a great idea! See the Student Behavior Contract link for ideas.

*Environmentally* – We ask you and your students to respect the CAMP environment inside and out. Collecting animals or plants is not allowed without permission from the CAMP staff. We try to integrate our environmental and educational philosophies into every part of our program. We appreciate your efforts in preparing your students to be a part of our alternative living and learning environment.

## Calendar for Planning Your Trip

### Pre-Trip Planning Checklist

#### *6-10 Months Prior to Retreat:*

- Contact the Outdoor Education Coordinator to set dates for trip and contract.
- Sign contract and return to Camp with deposit by due date written on contract.
- Mail certificate of insurance to Camp Speers YMCA.
- Develop and carry out fund-raiser, if necessary.
- If a guest presenter is desired, let the Outdoor Education Coordinator know immediately as some presenters become completely booked certain times of the year months in advance.

#### *2-3 Months Prior to Retreat:*

- Hold an information meeting for students, parents, and teachers. Camp staff are happy to supply a presentation for this meeting.
- Provide the pre-camp planning information to the Outdoor Center Director.
- Arrange for transportation.
- Arrange for a nurse to accompany your group to the Camp.
- Select teachers from school to accompany students. Also, solicit parent volunteers as chaperones to assure a ratio of 1 parent/teacher chaperone per 15 students.

#### *1 Month Prior to Retreat:*

- Determine student participants by collecting permission slips, money, liability forms.
- Use forms in back of this book to list group participants; include all students, teachers, chaperones, etc., in all lists.
- Cabin Assignments: one chaperone is required to be in each cabin, though two are recommended. Be sure to double check which cabins will available for your group).
- Learning Groups: 12-15 students per group with at least one chaperone/teacher per group.
- Table Assignments for Meals: one chaperone per table, maximum ten people per table.
- Cruiser Assignments: assign one student at each table for each meal.

#### *2 Weeks Prior to Retreat:*

- Contact the Outdoor Education Coordinator with information about special needs including dietary (i.e. gluten-free, vegetarian, vegan, etc.) of students and chaperones who will be attending. We can meet their needs provided we receive advance notice.
- Update Outdoor Education Coordinator with most accurate number of students and chaperones available
- Final revision of activities schedule, contact Outdoor Education Coordinator to make any final changes as necessary
- Make sure students know all of their assignments (cabin, learning group, table, and cruising duties) PRIOR TO ARRIVAL AT THE CAMP.

## Typical 3-day Schedule

Time	Wednesday	Time	Thursday	Time	Friday
11:00	Group Arrival @ Day Camp Lot	7:45 8:00	Cruisers Breakfast	7:45 8:00	Cruisers Breakfast
11:15	Group unloads and is guided to their cabins to begin unpacking	9:00   10:30	ACTIVITY PERIOD 3	9:00   10:30	ACTIVITY PERIOD 7
11:45	Camp orientation at blacktop	10:45   12:15	ACTIVITY PERIOD 4	10:30   11:15	Pack & Cabin Clean-Up
12:15	Meal orientation	12:15	CRUISERS	11:15	CRUISERS
12:30	LUNCH	12:30	LUNCH	11:30	LUNCH
1:30   3:00	ACTIVITY PERIOD 1	1:30   3:00	ACTIVITY PERIOD 5	12:00	Departure
3:15   4:45	ACTIVITY PERIOD 2	3:15   4:45	ACTIVITY PERIOD 6		
6:15	CRUISERS	6:15	CRUISERS		
6:30	DINNER	6:30	DINNER		
7:30   8:30	EVENING PROGRAM	7:30   8:30	EVENING PROGRAM		
10:00	Quiet Hours at Camp Begin	9:00  10:00	Snack  Quiet Hours at Camp		

*\*Groups should plan on arriving no later than 11:30a.m. This will allow for optimal flow of the schedule without having to rush through the first lunch.*

## Health and Safety Tips

*Animals:* Wild animals are present on Camp property. If sighted, we encourage visitors to observe them from a distance. Please, refrain from disturbing them, for they are unpredictable.

*Plants:* The best rule to follow about eating wild plants is, "if you don't know what it is, don't eat it." You should only eat a plant or plant part if your instructor says that it is safe. Poison Ivy is in leaf during the spring and fall. Learn to recognize it so you won't come home with a souvenir rash. Poison Ivy can be transmitted by your clothes, pets, and smoke, so please be careful.

*Wet Clothes:* If your clothes are wet, go back to the cabin (with your leader's permission) and change them. Do not put them on the heater to dry. This can start a fire.

*Food in Cabins:* Do not keep food and candy in cabins, as it will attract animals and bugs. You will have plenty to eat at mealtimes, so there is no need to bring extra food.

*Ticks:* Ticks are present in the spring and fall. Check your hair and body once a day for ticks. If you should find one, go to the group leader for directions. Wood ticks are the ticks most often encountered. Wood ticks are not carriers of Lyme disease.

*Cuts and Injuries:* All cuts and other injuries should be reported to the group leader or nurse, no matter how minor. If a person is seriously injured, however, do not attempt to move them. Get adult help immediately.

*Personal Hygiene:* There will be ample time before breakfast and in the evening to shower. Always wash your hands before each meal. For people with long hair, it is a good idea to have a hair tie, so that you can pull your hair back while setting the tables.

*Medications:* All medications are to be deposited with the nurse or group leader. No student is to have medication in the cabin or share any medications with others.

*Fires:* Fires may only be built under camp staff supervision in designated preset fire rings. Running or active games around a fire are prohibited. Do not hold or remove burning pieces from a fire.

*Venomous Bites:* While there have been no reported sightings of poisonous snakes or spiders at the camp in recent years, visitors are warned that these dangers exist. To avoid such bites, be careful where you place your hands when climbing or moving large rocks.

*Pest Control:* Please wash all clothing and bedding prior to packing for camp. Leave doors to the cabins sealed whenever possible.

## Emergencies & Medical Care

*Emergency (Ambulance/Rescue)*

911

*Camp Office*

(570)828-2329

*Emergency Night Time*

(570)828-2329 Dial 1

*When there is an emergency, contact your school nurse. If a school nurse or hired nurse has not accompanied your school, the group coordinator needs to be contacted. They should be able to handle small incidents. Otherwise, please follow these guidelines:*

*If there is an injury/emergency during the day, please find the group coordinator or the Outdoor Education Director. If they both are out in the field, contact the Main Office by dialing 222 from a camp phone. They will be able to assist you and radio the Outdoor Education Director.*

*If there is an injury/emergency in camp at night, please call the emergency night phone number above. There are courtesy phones located in each dining hall.*

*Milford Urgent Care:* Milford, PA (570) 406-9700

Open 7 days a week. Immediate treatment for illness and injury; X-ray and lab on-site.

Turn right out of Camp Speers YMCA onto Route 739. Follow Route 739 for 2.9 miles to the first traffic light. Turn left onto Milford Road. Travel on Milford Road until you reach the junction with 206. There is a stop sign along with a Turkey Hill Store on one corner across the street and a Pennstar Bank on the other. Turn right and go .2 miles to the first stop light. Make a left on to Route 209/206. Go 4 blocks and turn right onto Catherine Street. You will see Milford Urgent Care on your left about 2 blocks down. Travel Time 20 minutes.

*Newton Memorial Hospital:* Newton, N.J. (973) 383-2121

Turn right out of Camp Speers onto Route 739. Follow Route 739 for 5.4 miles to the traffic light. Go straight through the stoplight for ½ mile to the toll bridge (\$1.00 one way). Cross the bridge onto Route 560, and go 2.5 miles to a stop sign. Turn left at the stop sign and go 2.3 miles to Route 206. Take the right fork onto Route 206. Go for 5.5 miles to a stoplight. Turn right at the stoplight towards Smartswood Lake and Sussex County Community College. Go one mile to stop sign, 519 South, and turn left at the stop sign. There is an "H" for hospital sign there. Go for about 6 miles to the third traffic light. Hayek's Market is on the right. Turn right at this light, and stay in the right lane. Follow "H" signs to the hospital on Route 94 South and Route 519 South. Turn right into hospital. Travel Time: 40 minutes.

*Bon Secours Hospital:* Port Jervis, N.Y. (845) 858-7000

Turn Right out of Camp Speers onto Route 739. Follow Route 739 for 5.4 miles to the traffic light. Turn left to travel North on Route 209. Follow road into Milford, PA. At traffic light, turn right following signs for 209North/6East. Continue on 209 North to Port Jervis, N.Y. Go through town until you get to Route 6. Turn right onto Route 6. The hospital is on the left about 6 blocks down. Travel Time: 50 minutes.

## Directions to Camp Speers YMCA Outdoor Center

*Please note: From some locations, GPS and Mapquest will mislead you, please follow directions below!*

### *New Jersey \*Toll Charge\**

Use Route I-80 West to Route 15 North (Exit 34B) to the Route 206 Intersection (or take Route 206 North from Routes 22, 78 or 287). Continue on Route 206 North to one mile past "Stokes State Forest" sign. Turn left onto Route 560 West (Tuttle's Corner). \*\*Follow Route 560 and signs to Dingmans Bridge. Cross Dingmans Bridge and follow to blinking traffic light at Route 209. Proceed straight across Route 209 onto Route 739. Continue on Route 739 for 5.4 miles to Nichecronk Road. Turn left and camp office is ½ mile on the right.

### *Bus Route \*Toll Charge\*:*

Continue on Route 206 North to Milford Bridge (Dingmans Bridge will not allow buses to cross). Cross river and turn left onto Route 209 South. Turn right onto Route 739 North at traffic light. Continue for 5.4 miles to Nichecronk Road. Turn left and camp office is ½ mile on right.

### *New York City:*

Lincoln Tunnel, Route 3, Route 46 to I-80 and then follow directions for New Jersey.

### *Connecticut:*

Use Route I-84 West to Pennsylvania Exit 34 (Lords Valley and Route 739). Follow Route 739 South approximately ten (10) miles. Camp is located on right. Just past Flair Hardware Store. Turn right on Nichecronk Road and camp office is ½ mile on right.

### *Pennsylvania (Scranton & North)*

Use Route I-84 East to Exit 34 (Lords Valley) and follow directions for Connecticut.

### *Pennsylvania (Stroudsburg & South)*

Use Route 209 North. Turn left at traffic light in Dingmans Ferry onto Route 739 North. Camp is 5.4 miles from light. Turn left on Nichecronk Road and camp office is ½ mile on the right

[Customizable directions available here](#)

## Additional Notes from Camp Speers YMCA

Please retain for your records and share with all group members attending program.

1. The Camp Speers YMCA is covered by basic liability insurance. We DO NOT carry Health and Accident insurance for groups or individuals using our facility. We recommend that you check with your organization's insurance agent regarding appropriate coverage for your group during this event.

2. We require a certificate of liability insurance from your agent naming "Camp Speer YMCA" as an additional insured.

3. The use of alcoholic beverages and illegal drugs is not permitted on Camp property. Persons who violate this rule and/or appear to be under the influence will be asked to leave the property.

4. Firearms, knives, fireworks, or other explosives/weapons are not permitted on Camp property.

5. We strongly advise group leaders to gather the following information:

- Names and addresses of all participants
- Emergency contact names and numbers
- A listing of any persons with known allergies or health condition requiring treatment, restriction, or other accommodation while on site
- For minors without a parent on site, signed permission to seek emergency treatment or a signed religious waiver

6. We also require a signed liability waiver for all participants, children and adults.

7. The Camp is a smoke and tobacco free environment. Smoking and tobacco use is prohibited in all camp buildings and grounds.

8. In case of accident or injury, report to a member of the Camp staff immediately. The services of a physician are available when local medical offices are open. Emergency treatment is available at hospitals in Port Jervis, N.Y., East Stroudsburg, PA., Scranton, PA. or Newton, N.J.

9. In case of overnight emergencies, guests can call the Camp's main number (570) 828-2329 Ext. 1. This will ring to the Director on Duty cell phone who will be able to assist you. If necessary, camp staff will notify EMS for you.

10. The group must supply appropriate medical staff for their group. The camp will provide neither medical service nor distribution of medications.

11. The cost of repairing any damage to facilities or equipment (other than normal wear) caused by participants of your group will be charged to the group.

12. Some camp facilities have fireplaces or wood-burning stoves. The Center staff will control and maintain fires inside buildings. Please inform participants that stoves will cause burns if touched.

13. Please forage in the woods for down and dead wood for campfires. Chain saws are prohibited and fires are only allowed in designated fire pits. Please do not use the split wood in storage areas. You may buy wood from camp; please contact the Outdoor Education Coordinator for details.

14. All vehicles must be parked in the designated parking areas and may be driven into the cabin area for loading and unloading only. We must keep roadways cleared for emergency personnel and our maintenance staff.

15. Each group is expected to do its own housekeeping in the cabins. Camp staff will maintain the dining hall and other public space/activity areas. Prior to departure, the group is responsible for sweeping and general cleanliness of each cabin and surrounding grounds. We highly recommend a group representative inspect each cabin, as any damage caused by the group is the responsibility of the group.

16. Please assign "cruisers" for each meal who should arrive 15 minutes early to set the tables. Groups are responsible for clearing tables and stacking chairs.

17. Bedding, pillow, towels and other personal items are the responsibility of the individual participant. We will provide beds and mattresses.

18. All participants including adults, in any watercraft MUST wear life jackets. No participants are allowed on the fenced-in waterfront area, except during a class when the Camp staff are on duty.

19. Camp Speers YMCA provides courtesy phones in each camp for local customer use. Phone cards are available in the camp store for long distance service. Sorry, no collect phone calls will be accepted at any camp phone. Visitors to the Camp are not permitted to use Camp phones except for emergencies.

20. Guests must wear the helmets provided by the camp when participating in mountain biking, high ropes and the climbing tower.

21. Camp guests who participate in our horse program must wear long pants and sturdy shoes to participate. The Camp will supply mandatory helmets for each participant. Guests will be required to sign a liability waiver at the time of the ride. Guests must be 52 inches tall and 8 years old to participate in the trail rides or horsemanship clinics.