

**YMCA CAMP**

**COSBY**



**SLEEPAWAY CAMP  
PARENT HANDBOOK**



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Welcome to the Cosby Family

## History

You and your Cosby campers are now a part of our history and future. Each year since 1922, parents have found the value in providing a retreat for their campers, a place where campers can learn, grow and thrive; a place to gain independence, self-confidence and make lasting friendships; a place to challenge themselves, learn who they really are and find comfort in being accepted. Camp Cosby is a place where campers learn "I am Third" and to put the needs of others above their own. This community has shaped lives for more than 100 years. Thank you for joining our community and for being a part of the Cosby family.

## Executive Director Welcome

*Dear Parents,*

*At Camp Cosby, we operate based on a Camper First philosophy and a partnership with parents. Through these values we make decisions that are safe and exciting for each camper that parents approve. We survey our campers and parents each week to learn what they love and what improvements we can make. Just like you, we are always growing, moving, changing and continuing to be the very best. As we implement change to provide a great program we also protect our traditions and your camper's experience. We have a great summer experience planned for your campers! YMCA Camp Cosby Staff is committed to providing your campers with a safe, positive, and action-packed summer. Thank you for choosing YMCA Camp Cosby for an experience that will last a lifetime!*

*Steve Merifield  
Executive Director*

## Preparing for Camp

### Bunkmate Request (Cabin mate Requests)

Bunkmate requests are made when a camper is coming to camp with a friend that they would like to stay in their same bunk. Bunkmate requests must be the same gender at birth and generally the same rising grade/age. Campers can choose up to three bunkmates and Cosby leadership will do their best to honor up to three requests. If the request cannot be honored the parent will receive an email or phone call notice before their arrival to camp. Bunkmate Requests should be managed through your CampInTouch account in the Forms and Documents Section. Look for the Bunkmate Request form.

Campers are bunked in cabins generally by the same rising grade/age and gender at birth.

### CampInTouch, Paperwork and Required Forms

All Camper forms are available through your CampInTouch account once your camper is registered under Forms and Documents.

Required forms are due 2 weeks PRIOR to check in to avoid a late fee of \$35. Through CampInTouch, your camper's forms are downloaded for completion and then uploaded directly to your account. This assures that your originals remain in your safekeeping, and the information is safe and secure and tied directly to your camper.

Required forms:

Physical Exam - This form can be found in your CampInTouch account and taken to any Doctor or Nurse Practitioner. The Physical Exam must be completed within 1 year of your campers last day of

camp. Example: Camper comes for June 2nd - June 7<sup>th</sup> 2024; the last acceptable date of a completed physical would be June 7<sup>th</sup>, 2023.

Health History Form - This form is web-based on your CampIntouch account and is completed by the campers' parents/guardians.

Camper Information and Departure Form - This form can be found under forms and documents in the family forms section of your CampInTouch account, is web-based and gives the parents authorization to certain adults to pick their campers up from camp.

Immunization Form - This section allows the parent to upload their campers immunization form

Insurance Card - This section allows the parents to upload a picture of the FRONT and BACK of their insurance card

\*\*\* Helpful Hint- Cam-Scanner is a great App to scan and upload forms from your phone

## Payment & Cancellation Policy

***All balances must be Paid in Full by April 13th. Those registering after April 13th will pay in full at the time of registration.***

### Cancellation Policies:

- Deposits are non-refundable.
- Written requests received at least 30 DAYS before check-in day will receive a full refund, minus the deposit.
- Written requests received between 15 DAYS before check-in day will forfeit 75% of the camp fee.
- Written requests received less than 14 DAYS before check-in day will result in forfeiture of the full camp fee, including deposit.

### Refunds:

- Refunds will NOT be issued for early departure due to homesickness, medical conditions, or behavioral issues. Campers must demonstrate care, respect, responsibility, and inclusivity at all times; failure to follow Camp Cosby's rules may result in dismissal.
- Medical Cancellations Prior to Check-in: Refund requests (minus the non-refundable deposit) may be considered with a written request and signed physician documentation. Include your camper's name, date of birth, session, and relevant details. Medical transfers to another session are permitted with no transfer fee.

### Session Transfers:

- Requests to transfer sessions must be submitted in writing via email to [cosby@ymcabham.org](mailto:cosby@ymcabham.org)
- A \$25 transfer fee will apply to requests made after May 1st.

### ***Third Party Program Protector Insurance (TripMate)***

- Protect your camp investment with Program Protector, available in two policy options for a percentage of your total balance. For accounts with Program Protector, all refund requests must be submitted directly to the insurer. Claim instructions are provided at purchase. Camp Cosby does **not** manage this request.
- Program Protector can also be purchased online at:  
<https://programprotector.mhross.com/consumer/portal/YCOS2290AL>

**NOTE: This Third Party Program Protector Insurance (TripMate) is not provided by YMCA Camp Cosby.**

Medical cancellations are managed on a case by case basis. If Program Protector is not purchased, you may request a refund, minus the deposit (non-refundable) for consideration. Please submit written and signed medical documentation from a physician with your detailed request to [cosby@ymcabham.org](mailto:cosby@ymcabham.org). Please include your camper's name, date of birth and session attending plus supporting details of your request to cancel or transfer. You may request a transfer to a different session for medical reasons and the transfer fee of \$25 would be waived.

## Waitlist

We make every effort to enroll campers as space is available, but we consider the needs of all campers, staff and capacities and will not exceed enrollment beyond what is safe and what would reduce the quality of the camper experience for all of our campers. We cannot guarantee that your camper will be enrolled in any waitlisted session or program specialty once they are on the waitlist, but this waitlist is monitored closely by our Admissions committee, Camp Registrar and staff.

For more information visit the Dates and Rates page of our website and click "Learn about the Waitlist."

If you have questions or concerns, please contact the Camp Cosby office at 256-268-2007 or email [cosby@ymcabham.org](mailto:cosby@ymcabham.org).

## Check In Day

Check in is each Sunday at 1:00 p.m. Central Standard Time

Many families come as early at 11:00 am to line up by the gate. Some bring lawn chairs, a picnic lunch and yard games while they wait for the gates to open. Please be courteous to our neighbors - we kindly ask that you do not let your campers play in or block the road if you are waiting outside of the gate.

1. Upon arrival at camp, you will be greeted by camp staff, and volunteers and directed to the parking area.
2. If all of your forms and payment have been completed, you will receive a Speedy Check In slip (Green) and will proceed directly to your camper's cabin.
3. If you have not completed all necessary payments or paperwork you will be issued a PINK slip and directed to the Dining Hall where you will talk with the Camp Registrar about completing the necessary forms and payments (A fee of \$35 will be charged for late forms and payments). Afterward you will receive your camper's cabin assignment.
4. You will then proceed to your camper's cabin to meet their counselors and help them get settled.
5. Say goodbye. Your camper will have a more successful time transitioning to camp life if your goodbye is short and your camper jumps right into cabin life.
6. Camper medications will all be brought to the camp nurse, located in the Dining Hall, after you've settled your camper into their cabin. No medications may stay in your camper's cabin.
7. ADV campers with medication will be given to the nurse AT ADV
8. Sr. Program Director and Executive Director are near the Dining Hall during check in and readily available to answer any questions you may have.
9. Once your camper is settled in, medications submitted, packages dropped off and your questions have been answered you are free to depart.

## Medication on Check-In Day

- All camper medications and medical supplies must be check in with the Camp Nurse on check in day.
- All medications and medicines must be brought to camp in original containers.
- Any new medical concerns must be communicated with the Camp Nurses on Check In day.

Blister Packs: In an effort to update our Health Center practices and assure the best service to your campers we use Blister Packs for each camper who will take medications during their camp stay. A Blister Pack is a container that organizes medications by day/time spaces to be taken according to their prescription regimen. The Blister Pack allows you to fill the exact dosage needed. These will need to be filled in the Dining Hall during check in or at ADV if your camper is staying at ADV. Don't worry, we will have a staff member ready to assist you with this process. All medications must be brought in **original containers** and filled on site during check in.

### **Speedy Check-In Status**

Camper Families who turn in all forms and payments two weeks prior to check in are able to bypass lines in the Dining Hall and go directly to their campers' cabins. On Check in Day, "Speedy Check In" families receive a Green check in slip. HOWEVER, ALL MEDICATION MUST BE CHECKED IN WITH THE CAMP NURSE IN THE DINING HALL before leaving camp. Medications must be in original containers marked clearly with your camper's name and dosage.

## Camp Store

Camp Store is included in your tuition (so no money is needed for your camper). Each camper will receive a drink and a snack twice a day while they are at Cosby. Additionally, they will also receive a camp T-shirt and a souvenir. On check in and check out day the Camp Store will be open. Some parents choose to make extra purchases and place them with the camp mail to be delivered during their camper's stay.

## Care Packages

Many families enjoy sending their campers care packages while at camp. It can be hard to know what day to send the package to assure that it arrives on time, so we allow parents to leave care packages in the Dining Hall and ADV during Check In – just look for the bins at the entrance inside the Dining hall and place packages there. All mail and packages should be clearly printed with the camper's first and last name, cabin or village and the day the package should be delivered. Please be mindful that other campers may not receive these packages at camp and space is very limited so small items and packages are best. Any food items should be non-perishable and individually packaged. Please avoid nuts and any high risk allergen type items. If you would like to provide Cabin Care Packages, we house an average of 15 residents (including counselors) per cabin.

We also offer the option to pre-order a Cosby Care Package or Cosby Pro Care Package that we assemble on site with Cosby gear and snacks. These packages come with a special note and are delivered to your camper while they are at camp. These items can be purchased in your CampInTouch account during registration or at the store during check-in.

Look for Forms and Documents and then Donations and Cosby Store Items).

### **Cosby Gift Backpack- Add on of \$55**

A great gift for any camper! Campers will be very excited to know someone special is thinking about them. The Gift Backpack contains a Cosby themed drawstring backpack, water bottle, stuffed animal keychain, fidget toy, carabiner, and a bracelet (all outfitted with the Camp Cosby logo!).

### **Cosby Pro Care Package- Add on of \$70**

Your longtime camper will love this Cosby Pro Care Package! Camp Cosby tote bag, pillow case, fidget toy, bracelet, journal, pen, and mini stuffie (all outfitted with the Camp Cosby logo!).

## Hydration Pack- Add on of \$40

Campers can beat the heat with this Cosby branded camelback-style hydration pack! Each backpack contains a bladder suitable for refilling daily with a straw attached for easy hydration.

## Cosby Birthday Parties

We love celebrating birthdays at camp! If your camper has a birthday while at camp, please feel free to send a special card or care package. We celebrate all camp birthdays with our special Cosby song. To make the event even more fun, plan to purchase a **Cosby Birthday Party Package for \$60!** When you purchase the Cosby Birthday Party on your camper's birthday, they will be honored with party hats for their whole cabin, festive tablecloth, a song from Cosby staff and a birthday cake at lunch. Celebrate the Cosby way! Look for these in your CampInTouch account:

(Go to Forms and Documents and look for Donations and Cosby Store Items and then select Cosby Birthday Party)

## Weekend Stayovers

Campers staying at Camp Cosby for back to back sessions don't have to go home! Campers have the option to go home and return between multiple sessions but if you would rather stay with us then Weekend Camp is an option. Enjoy the weekend with us in smaller groups, doing activities only available during this time and re-energize for the next session. Stayover weekend is only for campers staying for back to back sessions and is NOT offered as a stand-alone program. **Cost of this program is \$145.**

NOTE: Please pack enough clothing for more than a week at camp. Laundry service is included for two week stays and will be collected Friday and returned Saturday. Please place your camper's First and Last Name on all items of clothing with a laundry marker.

## Weekend Stayover Health Screening

Camp nurses will do a health screening for all campers on Saturday will contact parents/guardians if there are any concerns. This will include a follow up on any bumps, bruises or rashes from the previous week, general health questions, lice/tick check, and temperature or any requested health issue reported by camper. Please remind your camper to tell the nurses if they have any health concerns.

## Themes

Campers may enjoy their session even more by participating in the theme! Meals, campfire skits, and some evening programs will be focused around our weekly themes and we invite all to join in on the fun. Items to bring can include costumes, coloring books, trinkets, stuffed animals, and props. Please do not send any items of value. The items sent will be used and potentially get messy. Bringing theme items is not mandatory. Our counselors also help create this fun environment with crafts, projects and face paint! Learn more about themes on our website: [www.campcosby.ymcabham.org](http://www.campcosby.ymcabham.org) > Dates and Rates > Themes

## Homesickness

Homesickness is normal and healthy. Most campers will experience homesickness on some level. Our staff members are trained to identify and work with all levels of homesickness. If a camper seems to be experiencing homesickness on a level that does not allow them to have fun, make friends or participate in activities parents will be contacted. Through partnering with the parents we will make the best decision about how to handle the camper.

### **Helpful Tips to help prevent homesickness prior to your Camper's Session:**

Talk with your camper about homesickness. Let them know that it is normal and that the camp staff all know how to talk about it too. Let them know there is nothing to be embarrassed about and encourage them to tell their counselor if they are struggling with homesickness. Plan to write cheery letters that build confidence. Let your camper know you are proud of them and focus. Some families send (or bring) letters in advance so they can receive them the first day of camp. When doing this, try to avoid using phrases such as "We miss you" or "Can't wait until you get home", etc. or mentioning activities that they are missing, pictures of pets or mentioning that pets or siblings have been sad without them, you cannot get along without them. Please avoid asking if they are homesick or tell them about problems that are happening at home.

Try having your camper attend a few sleepovers away from home before their stay at camp. Please do not tell your camper you will come pick them up if they are not having fun. Instead be sure they know who to talk to at camp if they are having troubles. Also, if you are still concerned (and that is very normal) call ahead and speak with the Sr. Program Director and be sure to check out our "Partnering with Parents" section of this handbook.

Please do not bribe your camper by promising something valuable if they make it through the week. Rather, discuss internal rewards of making it through the week such as independence, grit and being brave. Your camper will love to hear you describe them in this way!

If you know your camper is prone to anxiety and homesickness, help them plan ways to cope while at camp.

- o Keep a journal
- o Focus on looking forward to exciting activities and making/being with friends
- o Talk with the camp counselor
- o Pray/Meditate
- o Hug their favorite stuffed animal

## While Your Camper is at Camp Cosby

### Behavior Expectations and Concerns

Camp Cosby expects campers to abide by all camp rules and the Y's four core values of Honesty, Caring, Respect and Responsibly. In all areas requiring discipline (which literally means "to teach"), it is our goal to help campers educate themselves, so that they learn to make better choices in the future. Our trained staff work hard to help campers help themselves and make restitution for any harm that has been caused. Problems are an opportunity for campers to grow. In the event of any serious problems, parents will be promptly notified. If behavior problems continue or exceed our capacity, campers will be sent home. Please contact us before your camper's arrival to camp to discuss known, significant issues. There are no refunds for campers sent home due to behavioral or psychological issues.

## Camp Rules/ Expectations

On opening day of each session, these general camp rules will be discussed with the campers by both the Counselors and Head Counselors. It is expected that all campers follow the camp rules to make sure camp is a safe and successful place for all.

- The use of appropriate actions, language and conversations is required.
- Fighting, bullying and physical threats, derogatory or threatening language will NOT be tolerated at any time and are grounds for immediate dismissal from Camp Cosby.
- No graffiti!
- Shoes must be worn at all times.
- Keep rocks and sticks where Mother Nature has placed them.
- Campers are only allowed to visit the lake area when accompanied by a staff member.
- Keep bathrooms clean and toilets flushed.
- I am Third - Put God first, Others Second, Self-Third. Campers should develop an appreciation for living in a group.
- We want Cosby to be a litter-free environment; so please throw away all trash (especially take care to do this during camp store).
- Be on Time! This is a common courtesy to one another. If there is a situation and the counselor needs to stay behind, send the campers ahead with another counselor and an explanation.
- Campers must never go into any other cabin except the one they have been assigned.
- Cabins should be cleaned every morning and kept ready for cabin inspection. The "Golden Dustpan" award will be given daily and the cabin with the highest score at the end of each session will be awarded the "Platinum Plunger."
- Wet clothes should be kept on the clothesline outside your cabin except in rainy weather and on opening and closing days.
- Please turn water faucets and lights off when leaving your cabin. Be conservative.
- No cell phones or electronics of any kind.
- Walking is the best method of transportation from one place to another. Running is allowed for activities. Be aware of the camp road and use the sidewalks when available.
- We follow the Y's four core values of Honesty, Respect, Responsibility and Caring.
- Each camper will wash hands before and after meals.

Parents will be notified if a camper is not following camp rules and expectations. Campers who refuse to act in a manner safe for themselves, others or camp will be dismissed from camp early and the parent will be required to pick them up without refund. Campers whose medical condition becomes greater than what our medical team can handle and/or becomes an increased threat to that camper's or other campers' safety will be dismissed from camp early. This is at the discretion of Camp Leadership.

## Special Needs/Requests

Please let us know if you have any special needs or requests. The Sr. Program Director is a great resource for any concerns that you may have. We will make every attempt to serve campers who have physical or special emotional needs. Please be thorough and honest when filling out the Health Form and Getting to Know Your questions so the nurses and counselors can be prepared for the arrival of your camper. We carefully consider each camper and their potential for success in the camp environment. We do not accept campers beyond our training or capabilities.

## Bedwetting

Bedwetting happens from time to time. Some campers suffer from chronic bedwetting and some have the occasional accident. Our goal is that this should not prevent a camper from coming to camp. Our staff is trained to handle bedwetting discreetly and personally. If your camper wets the bed please be sure to note this on their Health Form and on their Getting to Know You questions. Providing this information in advance provides the staff with information so that they can check your camper's bed occasionally during their camp stay and manage accordingly. Encourage your camper to notify the

counselor if they have an accident. Campers should be instructed to ask their counselors for help, and every effort will be made to prevent accidents. Any bedding, wet or soiled due to bedwetting, will be laundered and returned discreetly to the camper before Rest Period.

## Meals & Dietary Restrictions

Balanced meals, including a salad bar, are planned and served by the Food Service staff each day. If your camper has any special dietary restrictions, please include this information on the Health History form, your camper's Getting to Know You Questions and speak to the nurse on check in day. For multiple restrictions and to inquire about meal ingredients please contact our Food Service Director at 256-268-2007 or [cosby@ymcabham.org](mailto:cosby@ymcabham.org) – please put Attn: Food Service Director in the subject line.

## Laundry

Laundry service is provided for campers who purchase and remain at Camp for a Weekend Stayover between multiple sessions. Please pack enough clothes for two weeks just in case. Please be sure that all items to be laundered are marked clearly with the camper's first and last name. Please send a laundry bag that ties shut to prevent loss of items. If your camper will remain at camp between two or more sessions, the purchase of the corresponding weekend stayover is required. Please register them for Weekend Stayovers at [www.campcosby.org](http://www.campcosby.org).

## Communication

We offer multiple avenues for you to keep in contact with your camper. Everyone loves to receive mail and we will be happy to distribute mail daily.

Mailing address:            Camper's Name, Camper's Cabin,  
   2290 Paul Bear Bryant Rd  
   Alpine, Alabama 35014

NOTE: It is normal for a camper to express nervousness or homesickness at first, especially for first time campers. Remember to keep your letters cheerful and supportive. We will ensure that each camper has a good time. Please also remember this when you receive postcards from camp from your camper. Their perspective changes dramatically throughout the camp week as they make friends and acclimates to their activities, schedule and food. Campers write a "first night" postcard and you may not receive these until mid-week, so call us if you have concerns, but this perspective is important to remember as you read the first night postcards. Likely your camper will have settled in and will be just fine by the time you receive that postcard.

## Camp Stamps

You can purchase Camp Stamps in your CampInTouch account at any time and can use this ONE way email service to keep in touch with your Cosby camper! We deliver emails daily during lunch and dinner! You may even insert pictures and borders! Please take caution to avoid bright colors and fancy graphics because we are only able to print in black and white. Your camper may write letters in response but will not have access to email in return. It is important to remember that young campers receive your emails on printed paper, not electronically from a computer screen, so they may not understand that this is, in fact, an email. So if you have a very young camper attending for the first time, please take a moment to explain that your emails will be printed out on paper and given to them while they are at camp.

## CampInTouch Photos

This is a great way to see your camper having a fantastic time at camp! Through your CampInTouch account, using our online email/photo service, you may view and download pictures of your camper. You may also invite guests to view and purchase photos without giving them access to your personal account information, so grandparents, friends and family can enjoy viewing photos and sending one way emails too!

You also have the opportunity to purchase any photo you choose. Photos are uploaded each evening and our media specialist works hard to ensure that every camper is included.

## Telephone/ Camper Report

Feel free to call our camp office if you have questions or concerns. If there is an emergency after normal business hours, please follow the prompts on the voicemail to have the Manager on Duty return your call as soon as possible.

Cosby's Phone Number: 256-268-2007 or 1-800-85COSBY (852-6729)

You can request a "Camper Report" in order to ask any questions you would like to specifically know about your camper. Camper reports are set up during times when the campers are not in activity periods. A staff member will meet with your camper to ask general questions about camp as well as any specific questions you may have to your camper. This is done in a non-threatening manner in such a way that your camper has a chance to reply openly and honestly. The staff member will let you know a time frame for getting back to you when the request is made, but in general, we will contact you back within 24 hours of your initial request. Please remember that campers cannot receive or place phone calls while at camp. **Please do not send cell phones with your camper.** These are strictly prohibited. Any electronics brought on campus will be secured in the camp office and returned at check out. (See Camp Rules for more information).

## Social Media

Our Media specialist will be posting some fun videos and pictures on our Facebook ([facebook.com/CampCosby](https://facebook.com/CampCosby)) page and Instagram (@ymcacampcosby), so be sure to check them out!

## Villages/Divisions

Villages are assigned to campers based on session selected, rising grade and age while they are at camp. In our registration system, these are called Divisions.

Village	Description
Buckaroo	Three day camper with opportunity to extend to a full week. Travels with cabin for activity rotation.
Pathfinder	Week long campers. Travels with a cabin group for activity rotation.
Blazer	Week long campers. Choose their own activities. Camps out each week on as a group on the ground.
Ranger	Week long campers. Choose their own activities. Camps out each week in hammocks.
Adventurer	Week long camper. Stays in Adventure Village. Chooses their own tracks and activities. Optional camp out each week.
LIT	Village assigned by registering for a LIT Session. Two week leadership program.
CIT	Village assigned by registering for a CIT Session. Two week leadership program.

Village	Rising Grade	Age by Sept 1
Buckaroo	Grade 1	6 years
	Grade 2	7 years
Pathfinder	Grade 2	7 years
	Grade 3	8 years
Blazer	Grade 4	9 years
	Grade 5	10 years
Ranger	Grade 6	11 years
	Grade 7	12 years
Adventure	Grade 8	13 years
	Grade 9	14 years
	Grade 10	15 years

Session Name/Village	Rising Grade	Age by Sept 1
LIT	Grade 10	15 years
CIT	Grade 11	16 years

Specialty Camps	Rising Grade	Age by Sept 1
Mini Bikes	Grade 4	9 years
	Grade 5	10 years
Waterski/Wakeboard	Grade 6	11 years
	Grade 7	12 years
Wrangler	Grade 8	13 years
	Grade 9	14 years
	Grade 10	15 years

## Activities

**Buckaroos and Pathfinders** will get to participate in age appropriate camp activities. These will include: Archery, Horseback Riding, Banana Boat, Arts and Crafts, Sports, Cosby Chute, Gold Panning, Climbing Wall, Hiking, Canoeing, Campfire – making S'mores, Waterfront activities, Pool, and Dance parties.

**Blazers** (Campers rising grades 4 and 5) choose their own adventures at Camp Cosby. Each night after the evening program they will sign up for 5 activities for the next day. Each day they will do half a day at water activities and half a day at land activities.

**Water Activities:** Banana Boat, Canoeing, Water Slides, Sailing, Swimming Pool, Tubing, Fishing, Blob, Water Trampoline, Wibit, Paddle Boarding and Cosby E.C.O (Exploring Cosby Outdoors).

**Land Activities:** Mini Bikes, Horseback Riding, Alpine Tower, Giant Swing, Arts & Crafts, BB Guns, Archery, Climbing Wall, Sports, Disc Golf, Dance, Drama, Ceramics, Gold Panning and Cosby Chute.

**Rangers** (Campers rising grades 6 and 7) choose their own adventures at Camp Cosby. Each night after the evening program they will sign up for 5 activities for the next day. Each day they will do half a day at water activities and half a day at land activities.

**Water Activities:** Banana Boat, Canoeing, Water Slides, Sailing, Swimming Pool, Tubing, Fishing, Blob, Water Trampoline, Wibit, Paddle Boarding and Cosby E.C.O (Exploring Cosby Outdoors)

**Land Activities:** Mini Bikes, Horseback Riding, Alpine Tower, Giant Swing, Arts & Crafts, BB Guns, Archery, Climbing Wall, Sports, Disc Golf, Dance, Drama, Ceramics, Gold Panning and Cosby Chute, High Ropes.

**Adventurers** (Teen Campers rising grades 8 to 10) will participate in leadership development programming and also choose their own adventure at Camp Cosby by selecting their activities each day after the evening program. Each year at Adventure Village (ADV) the teen campers grow as young leaders and take on more responsibility at camp. Some of their activity periods are blocked out for leadership development specifically to Adventure Village.

**Water Activities:** Banana Boat, Canoeing, Water Slides, Sailing, Swimming Pool, Tubing, Fishing, Blob, Water Trampoline, Wibit, Paddle Boarding and Cosby E.C.O (Exploring Cosby Outdoors)

**Land Activities:** Mini Bikes, Horseback Riding, Alpine Tower, Giant Swing, Arts & Crafts, BB Guns, Archery, Climbing Wall, Sports, Disc Golf, Dance, Drama, Ceramics, Gold Panning and Cosby Chute, High Ropes.

## Typical Daily Schedule

7:15 am	Wake Up
7:45 am	Morning Watch (Moral lesson for the day)
8:00 am	Breakfast
8:30 am	Cabin Clean Up
9:15 am	Morning Activities (three different one hour activities)
12:15 pm	Lovejoy Chapel (songs and skits)
12:30 pm	Lunch
1:15 pm	Rest Period (bring books or quiet activities to do in your bunk)
2:15 pm	Store (drink and a snack)
3:00 pm	Afternoon Activities (two different one hour activities)
5:00 pm	Lovejoy Chapel
5:15 pm	Dinner
6:00 pm	Cabin Time (get ready for evening program)
6:30 pm	Evening Program**
7:30 pm	Store/ Activity Sign Ups
8:30 pm	Clean Up/ Shower Time
9:30 pm	Devotion
10:00 pm	Lights Out

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### \*\*Evening Programs

SUN - Opening  
Campfire MON -  
Village Activity  
TUE - Cook Out and  
Optional Campout  
WED - All Camp  
Activity THURS -  
Closing Campfire  
FRI - Check-Out



## Visitation

No visitors are allowed during the session weeks during sleepaway camp season. Campers who stay multiple weeks may have visitors on Saturdays. Visits can be scheduled between 11:00 am and 6:00 pm. Parents/guardians are welcome to sign out their camper for a few hours and leave camp, however, **visitations are prohibited on site. IMPORTANT:** Campers may only be signed out by the account holder or authorized adults in their CampInTouch Registration account. Any person signing out a camper must present a valid photo ID at time of sign out and upon returning to camp.

## Health Care

We do our best at Camp Cosby to make your camper's experience accident and illness free. However, in the event of an accident or emergency we are well-prepared. Our licensed camp health care professionals are on site 24/7 to treat minor cuts, scrapes and illnesses at no charge. Please be sure to meet with our camp health care professional during Check-In and provide any additional information that is not on the health form, such as a recent illness etc. If your camper is required to bring medications to camp, be sure to turn these in during check in.

Medication must be in the original container. Campers who need medical attention beyond our camp healthcare professionals will be taken to American Family Care or St. Vincent's St. Clair Hospital in Pell City. We will make every effort to reach parents/guardians in the event that this becomes necessary. However, be aware that your signature on the Health Form authorizes Camp Cosby staff to secure proper medical attention in the event of an emergency or if we are unable to reach you. Co-pays, medications, and any medical bills associated with treatment will be your financial responsibility/insurance carrier. Outstanding Bills for medical services will be forwarded to you for filing with your medical insurance carrier if direct billing is unavailable at the time services are rendered. If prescription medications are purchased on behalf of your camper, those charges will be added to your CampInTouch account and should be paid prior to check out of your camper's session.

### **Emergency Room**

St. Vincent's St. Clair Hospital  
7063 Veteran's Pkwy.  
Pell City, AL 35125  
Phone: 205-338-3301

### **Urgent Care**

American Family Care  
20 Hazelwood Dr.  
Pell City, AL 35125  
Phone: 205-338-8006

## Health Risks of Communal Living

Camp Cosby is a place where campers live, play and share meals in close quarters each session. This environment is much like daycare, school, church, and any other place where communicable diseases can spread, so health risks are associated with this environment. These risks can include Covid-19, head lice, strep, staph infections, ticks, spider and mosquito bites, bed bugs, stomach viruses and the common cold. There is an added risk for insect bites because of the amount of time spent outdoors, walking to/from activities as well as in the lake.

Campers are encouraged to shower, wash their hands before meals and after restroom usage and use hand sanitizer on a regular basis. Cabins are sanitized between sessions and restrooms are cleaned daily. The Dining Hall is cleaned after every meal. Professional Cleaning services are brought in between every session to deep-clean cabins, bathrooms, etc.

## Help Prepare Your Campers for a Healthy Camp Stay:

Please do not send campers to camp with communicable diseases or if they are sick or running a fever. Campers who arrive sick or with any health issue determined to be contagious will be sent home with no refund.

- Check temperatures (twice Daily) every day for 2 weeks prior to campers arrival at Cosby
- Hand Washing – Please teach your campers proper handwashing techniques before they come to camp.
- Showers –Staff are instructed to have campers enter the shower at least once a day. Campers are encouraged to shower daily while at camp. Once they are in the shower stall it is up to them to make sure they wash all body parts and rinse off soap and shampoo before exiting the shower stall. Please teach your camper how to shower properly. For helpful tips, search Google for articles to simplify this important practice of good hygiene.
- Tell the Nurses – Remind your camper before they come to camp that the Camp Nurse is here to help. All concerns are important to our Health Center staff. Your input on the Health History form provides great information, but if your camper does not report a health issue during their stay such as feeling bad, or a rash or wound covered by clothing, it will not be caught or treated. It is important for campers to report health concerns so that these can be addressed, treated and communicated for further treatment if necessary.
- Be Prepared – Our highest priority is keeping all campers safe and healthy. However, common camper illnesses and communicable diseases can happen anywhere. Remember that there can be an incubation period associated with these, so your camper may be exposed to something here but it may not emerge until after their stay. Please be sure to check their general health and wash all clothing, bedding, etc. as soon as possible after their stay at Camp Cosby. These are the most common:
  - a. Head Lice
  - b. Staph Infection/MRSA
  - c. Pinworms
  - d. Ringworm=
  - e. Stomach Virus
  - f. Hand, Foot and Mouth Disease
  - g. Ticks
  - h. Strep Throat/Cold/Flu
  - i. Covid-19

Health Screen at Home – The day campers are picked up from camp each parent is encouraged to look over their camper and check for common illness and communicable diseases. Please seek medical attention and notify Camp Cosby (256-268-2007 or [cosby@ymcabham.org](mailto:cosby@ymcabham.org)) as soon as possible if your camper becomes ill or has lice, ticks, ringworm or pinworms.

We will Notify You – If a camper is diagnosed with any communicable disease, notifications will be sent to parents of all campers who could have been exposed, but the diagnosed camper will remain confidential. Parents will be provided with a list of specific symptoms to observe. This information will be provided in the camper's Departure Packet or by email depending on when the diagnosis is reported to Camp Cosby, either by our Health Center staff or parent if the diagnosis is reported after the camp session has ended.

After Camp Health and Wellness - Our counselors and nurses watch your children closely for any signs of injury or illness. Some campers don't report issues to us. We are not able to see injuries, scratches or irritations that they are hiding. We advise that you check your camper on check out day after you get home for anything they may not have reported to the nurses.

### Consider the following:

- **General Hygiene** – It is an excellent idea to have your camper shower and refresh after a long week of camp.
- **Rest** – Your camper just spent 7 days or more outside being very active. It is normal for a camper to require extra rest after a long week at camp. This will also boost their immune system and refresh their energy.
- **Bed Bug Preventions** – Take precautions to prevent bringing pests into your own home any time your camper or your family stay away from home by placing all your camper's belonging in black plastic bags and place them in the sun for the day or wash them in hot water and heat treat in the dryer on high for 30 minutes, repeating as necessary.
- **Lice Prevention** – All campers are checked for lice at the beginning of each session on check in day. Any camper who is suspected to have lice is removed from the group. However, if you believe your child has come home from camp with lice, **Birmingham Lice Clinic** has offered to do discounted pre-screen for Cosby campers. The cost is usually \$25, but if you mention Camp Cosby and your registered session you will receive a 10% discount. They also sell a preventative spray that may be purchased in their store. Phone: 205-783-LICE  
Website: [birminghamliceclinics.com](http://birminghamliceclinics.com). If your camper does have lice after their week at camp, please let us know so we can perform a deep clean of their cabin to prevent spreading to others.
- **Ticks** – Do a thorough tick check with your camper when they get home. Be sure to inspect shoes, bedding and any items used or worn outdoors, too.

## Severe Weather

At Camp Cosby the weather is monitored closely. Current and Weekly weather forecasts are reviewed daily and our entire staff is well trained on how to manage storms. If necessary, the daily schedule is adjusted so the campers can play while it is sunny and rest during a mild thunderstorm. In the event that severe weather occurs campers are kept safe in their cabins, in the Dining Hall or in the basement of the Dining Hall depending on the severity of the storm. Our primary focus will always be to ensure all Cosby campers and staff members are safe. We will communicate updates through Social Media and send emails to inform and update families in the event of any severe weather issues including storm related power and technology outages. In the event of extreme severe weather that requires all campers and staff to be moved to the basement of the Dining Hall, camper families will be notified once it is safe. In the event of power outage or other unforeseen circumstances there could be a delay in our communication to camper families. At the beginning of each session campers informed of what to do in an emergency are told where to go in the case of an emergency.

## Check Out Day

### **Buckaroo (3 day camper) Check-out is Wednesday at 1:00pm Central Standard Time**

Assure your Departure for Pick-Up form is up to date – This is located in your CampInTouch account under Forms and Documents in the **Family Forms** section. Notify camp of any changes to this form during your camper's session. If changes are necessary within 48 hours of your camper's check out, please contact us by phone 256-268-2007. If changes are made, please be sure to click "Submit" to save the changes. This will update the internal information in your account and date/time stamp it.

Your camper will only be released to the people on the Departure for Pick-Up Form and the legal guardians listed on the account – please be sure to provide full name, phone and email address if available.

A valid Driver's License (or other legal photo identification) is required to sign your camper out of camp. Camp activities will be in progress so we ask all Buckaroo families to drive carefully. All families will be directed to the designated Buckaroo Check Out area upon arrival. A staff member will ask you to present your photo ID and then you'll pick up your camper's Departure Packet, Luggage and Medication (if necessary) and of course, your camper.

## **Full Week Camper Check Out - Friday at 6:30pm Central Standard Time**

Assure your Departure for Pick-Up form is up to date – This is located in your CampInTouch account under Forms and Documents in the **Family Forms** section. Notify camp of any changes to this form during your camper’s session. If changes are necessary within 48 hours of your camper’s check out, please contact us by phone 256-268-2007. If changes are made, please be sure to click “Submit” to save the changes. This will update the internal information in your account and date/time stamp it.

Your camper will only be released to the people on the Departure for Pick-Up Form and the legal guardians listed on the account – please be sure to provide full name, phone and email address if available.

A valid Driver’s License (or other legal photo identification) is required to sign your camper out of camp.

All families will be directed to the Dining Hall before going to their camper’s cabin. In the Dining Hall you will present your photo id, sign your camper out, receive their departure packet, pick up your camper’s medication

Please be sure to check over the items on Lost & Found items in the Dining Hall prior to departure from Camp Cosby.

Camp Provided Transportation – This must be organized and purchased with camp in advance. Parents must communicate with whom the camper will be dropped off and photo id must be presented. In some cases verbal sign out is required by parents at time of drop off.

## After Your Camper Returns Home from Camp Cosby

### Getting the most out of your “How was camp?” question

#### **Ask Open-Ended Questions**

To get more than a yes or no answer you have to ask the right questions. Open-ended questions will allow your camper to process their week and also provide you with much more information. Asking your camper the right questions can promote a greater understanding of his/her camp experience. The following are examples of some open-ended questions:

##### Staff Questions:

- Tell me what made your staff members great this week
- Where is their home?
- What did you like about them?
- What do you have in common with your camp counselors?

##### Friendship Questions:

- Tell me about the other campers in your cabin
- Can you tell me some of the names of the friends you made?
- Where is their home?
- What did you learn about other people this week?
- Can you tell me about a time when you helped someone out at camp?
- Can you tell me about a time when someone helped you this week?
- Why is it important to help others?

##### Activities Questions:

- Tell me about your favorite activities.
- How did you decide which activities to choose?

- What new skills did you learn?
- Tell me about your favorite evening program
- What are some things you'll remember forever from this week?

## Keep In Touch

### Family Events

Each spring and fall we hold family events designed for the whole family to enjoy camp. Come join us!

### Family Weekends

Wouldn't it be great if the whole family could enjoy camp together? At Camp Cosby you can! Join us for a family weekend.

### Winter Camp

Make Winter Camp a part of your Holiday Tradition! Campers spend a weekend in December enjoying spending time with their friends and favorite staff members from summer camp while participating in some great Winter themed and holiday activities. For campers Grades 1-10.

### Teen Retreats

Teen Retreats are held in the Fall and Spring and are designed specifically with your teen aged camper in mind. This is a time for teens to take a break and refocus. The program will encourage teens to cultivate their leadership style and gain confidence, while learning developing life and employment skills. They will enjoy time together and also experience many exciting camp activities. Teens who are interested in Camp Cosby's summer leadership programs will learn how to become a Leader in Training (LIT) or Counselor in Training (CIT). Teens will also have the opportunity to learn about summer employment at Camp Cosby and teen programming with the YMCA of Greater Birmingham - for teens ages 13 and up. To learn more, visit our website and check out more information on our Teen Retreats today!

## Scholarships/Financial Assistance

We believe every camper should have the opportunity to attend sleepaway camp. Scholarships are available through YMCA Camp Cosby's Annual Campaign. It is our goal to make camp financially accessible for all families. Through the commitment of our board members, volunteers, staff and families funds are raised each year and provided for qualifying families. All applications are considered based on income, household need, and individual circumstances.

To learn more about our scholarship program, please visit our website at [www.campcosby.ymcabham.org](http://www.campcosby.ymcabham.org) and check out the Financial Assistance tab.

## Giving

Join us in our mission to assure every deserving camper has access to camp by becoming a donor! Through our [Annual Campaign](#) each year we are able to help families afford camp. Your tax deductible donation directly helps deserving children attend Camp Cosby. To learn more, visit our website. Thank you!