



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FAMILY CAMP SO MUCH MORE THAN FUN

**Family Camp Packet and Waivers**



# FAMILY CAMP PREPARATION

## Suggested packing list

- Clothing-Dressing in layers is the best for the cold evenings and mornings at camp. Bring clothing you don't mind getting dirty!
- Bedding-Camp provides the mattress; bring your own pillow, sleeping bag and/or blanket. All cabins are heated and are shared with other families.
- Toiletries-Toothbrush, toothpaste, soap, shampoo, and other personal care items.
- Towels (for shower)
- Flip Flops (for shower)
- Shoes-Tennis shoes and hiking boots are recommended. Bring an extra pair, especially for mud or rain. Closed toe shoes are required for some activities.
- Flashlight-Camp can be very dark at night! A nightlight is suggested for inside the cabin if your family has young campers.
- Water bottle (to refill)
- Reusable hot beverage travel mug
- Snacks (if desired)
- Sunscreen and bug spray
- Journals
- Rain gear
- Sun/rain hat
- White shirt item for tie dying (cotton works best) or you can purchase a Camp Carter Shirt to Tye Dye for \$12 each
- Food for special dietary needs-We do our best to accommodate special dietary needs (i.e. vegetarian, gluten free, dairy free) when we know ahead of time. However, some guests choose to bring additional items as backup.
- High chair/booster seat for young campers

**\*Please do not bring alcohol, drugs, tobacco, pets, weapons, or fireworks.**

## Lost and Found

YMCA Camp Carter and its staff are not responsible for lost, stolen, or damaged possessions. Please label all of your belongings. Lost and found collected at the end of a weekend will be held in storage for two weeks before being donated to a local charity. The Program Coordinator may be contacted to search through stored items for you.



# GETTING TO CAMP

**From South IH-35:** Take I-30 West. Take 183 North (exit 7B). Sign says 183/341 NAS FW JRB/Green Oaks. Follow signs to 183 North. Ridgemar Mall will be on your right. Go 3.5 miles to Robert's Cut-off. (note: road changes to 183 **East**). Look for CVS and Bank of America on Right, Taco Bell on left. Turn **left** on Robert's Cut-off (sign is very small). Turn **left** on Meandering Road, Qwik-way shop is at corner. Travel 1.5 miles, road forks. Take fork to **right**. Go across river, past Burger's Lake, follow road around to end. Turn **right** into camp gate.

**From IH 30:** Follow directions above.

**From North IH-35:** Exit 820 West. Take Jacksboro Hwy / 199 **East** exit (exit 10A). Follow signs to Hwy 199 **East**. Will loop back under 820. Turn **right** at first light - Robert's Cut-off. Continue 2.5 miles on Robert's Cut-off (through neighborhood.) Pass elementary school and post office on left. Turn **right** on Meandering Road (Qwik-Way shop on right). Continue 1.5 miles, road forks. Take fork to **right**. Go across river, past Burger's Lake, follow road around to end. Turn **right** into Camp Carter.

**From Loop 820:** Follow directions above. Just make sure you are traveling **EAST** on Hwy 199. (NOTE: *some internet maps will try to take you through NAS base.*)

## Parking

Upon arriving to camp please park in our main spots by the office and observe a site wide **10 mph speed limit**. Parking is allowed only in designated spots (please do not go past red posts). During check in hours staff will be on hand to guide you to a parking spot. Please plan to move luggage between the parking lot/area and the cabin.

## Check In Information

Check in at camp is between 6:00 pm – 7:00 pm on the first day of your program unless indicated otherwise via email. Check in is required for you to receive your cabin assignment and turn in the necessary YMCA waivers. If you arrive early, you will not be able to check in or enter camp until 6:00 pm when our staff will collect the appropriate waivers and provide you with cabin placement information. To speed up this process, please print, sign, and bring with you the three attached waivers.

- Code of conduct
- Climbing Tower and High Ropes Challenge Course Waiver—applies to all participants who intend to participate in our Climbing Tower or Ropes Course.
- Photo Release and Liability Waiver

## Late Check In

Please inform the Program Director if your family is unable to arrive at camp during established check in times. Arrivals after 9:00 pm are not accommodated and we ask you join us the following morning starting at 8:00 am.

## In and Out Policy

Camp closes our entrance gate to the public between 9:00 pm and 8:00 am. Access in and out of camp is limited during these hours.

## Check Out Information

Cabins must be vacated by 10:00 am on the last day of the camp program. However, program continues until 12:00pm. You do not need to formally check out. We do ask that you remove any trash and sweep the cabin prior to your departure. Any and all trash need to be place in the green bins outside in the cabin area.

## **Nuts and Bolts**

### **Cabins**

Our cabins are intended as a place for your family to rest and relax. Each cabin sleeps 24 people, each side is up to 12 people sharing a common room. Cabins are equipped with electricity, CH& A, hot showers, sinks, and toilets.

### **Meals**

Family Camp meals are served family style. Meals are only served during designated meal times. Breakfast is 8:00 am , lunch is 12:00 pm and dinner is 6:00 pm, we recommend arriving in the first on time to enjoy a hot, freshly prepared meal.

We encourage you to sit with people you do not know or invite others to share your table to form connections and build relationships with other families at camp. Families are asked to clear off their table when finished with meals. Return all dishes to dish area and wipe down your table with provided towels.

Please let camp know about any dietary restrictions as soon as possible. We offer a healthy variety of food and we are able to accommodate some special diets (vegetarian, gluten-free, dairy-free), but in some cases you may want to bring your own food. We have a refrigerator and microwave for guest use. Please label any food that will need to be stored in the refrigerator.

### **Camp store**

The camp store will be available with limited hours for the purchase of shirts, camp memorabilia and basic toiletries. We accept cash, check and credit card.

### **Quiet Hours**

Fort Worth and River Oaks area mandated quiet hours from 10:00pm to 8:00am, seven days a week. Amplified music, drumming, screaming or any other loud disruptive noises are not permitted during these hours.

### **Emergency Procedures**

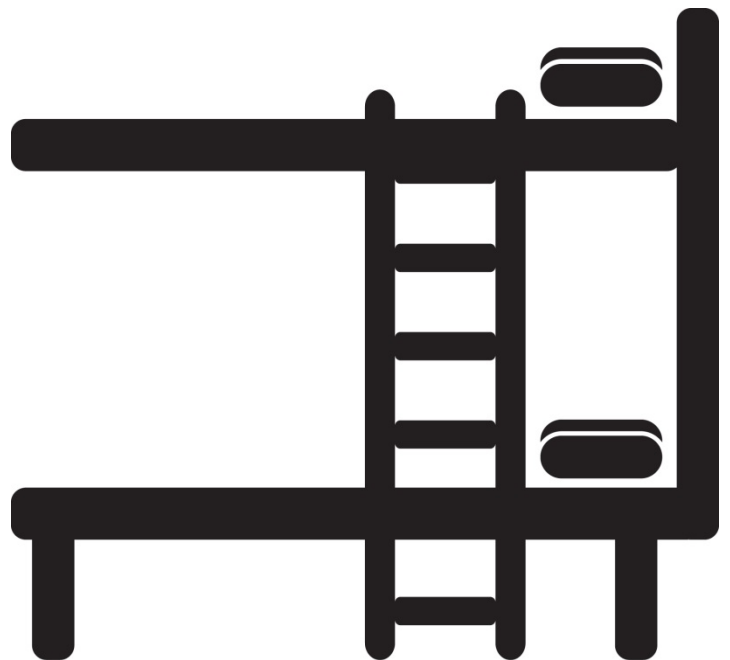
In case of emergency, please be aware of the following procedures:

1. An alarm will announce the emergency.
2. When you hear the alert, everyone should go directly to the brick patio in front of the Garden.
3. YMCA Camp Carter staff will direct you in the next steps.

If you have an emergency, please contact a staff member immediately.

### **Cell Phone and Internet Access**

YMCA Camp Carter encourages an electronics-free camping experience. We ask that you leave tablets, laptops and music players at home and use your phone only as needed. Family Camp is about disconnecting from outside distractions, having conversations with new friends, building strong relationships as a family, and enjoying the beautiful outdoors.



## Participation and Activity Information

Participation in any event/activity is optional. A wide variety of activities will be available. You will receive a schedule of activities, meal times, and more upon arrival. We encourage you to do as much or as little as you wish.

Some of our program areas have guidelines and restrictions. Please ask the Program Coordinator if you have questions.

### High Ropes Course:

Our high ropes course is a series of activities that call for heightened physical challenges while following precise instructions. High ropes course include the following elements Alpine Tower, Leap of Faith, Pirate Plank, Zip Line, Giant Swing and a Climbing Tower 45 feet in the air.

Specific elements will be open during the Family Camp weekends. Because of the physical challenges you may encounter while completing the high ropes course, to participate, all must complete a waiver prior to participating (waiver included in this packet). For everyone's safety, please help us by following our high ropes course guidelines.

### Campfire:

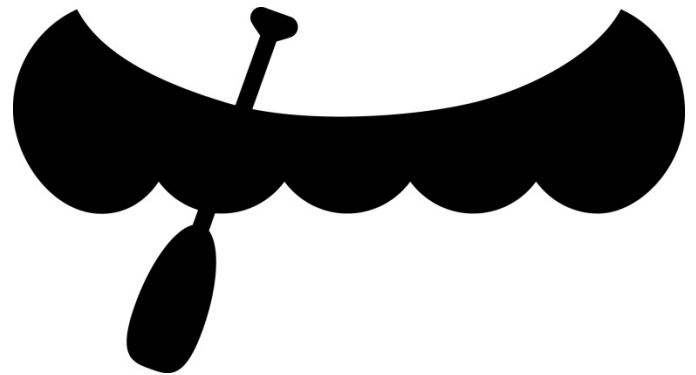
Campfire pits are located near the cabins and villages of camp. Please feel free to utilize them for your enjoyment until quiet hours (10:00pm). Fires are only allowed in our campfire pits and no portable fire pits are permitted. Water must be present during usage and you are responsible for staying next to an active fire and completely putting the fire out. Staff will come around to villages at quiet hours to check campfires.

### Rain:

All of our programs run rain or shine! In the event of severe weather (lightning/high winds) program changes will occur.

### Canoe:

Canoe is only allowed during the schedule times and while a lifeguard is present. We can only have up to 20 people participate at one time at our Canoe Beach. All participants must wear a lifejacket. While canoe we can have two to three people in a canoe at a time. All safety procedures will be explained before you can begin canoeing.



# **PARENT RESPONSIBILITIES AT YMCA CAMP CARTER**

## **Supervision of Children**

Direct supervision of children is the responsibility of the parent(s)/guardian (s) at all times, including all meals and programs. We hope that you discover a stronger relationship with your family during your time at camp. We have adventures designed for you and your family to experience together and encourage you to explore camp with one another!

## **Code of Conduct**

All family members are required to behave in a responsible manner, and to respect the rights and dignity of others while at a YMCA Camp Carter program. All family members must adhere to the code of conduct. Participating in a program gives implied consent.

Participants are encouraged to be responsible for their personal comfort and safety and to ask any person whose behavior threatens their comfort to refrain. If a participant feels uncomfortable in confronting the person directly, they should report the behavior to a YMCA staff person.

Any person who is acting outside a generally accepted standard of conduct could be subject to consequences including immediate removal from the program without refund.

## **Health Care at Camp**

There is no medical staff on duty during Family Camp Programs. Parents are responsible for their family members' health and should bring over the counter medications and first aid supplies. Please inform staff of any emergencies. In the event of late night emergencies the Manager on duty's phone number will be available upon check in.

## **Payment and Refund Information**

Fees are non-refundable and non-transferable. Payment in full is required at time of registration. We will refund program fees for cancellations made 30 days prior to the start of the session (less a cancellation fee) or in the event of illness or injury verified by a physician's statement.

## **Insurance**

Parents/guardians are responsible for any medical costs incurred as a result of injury or illness while your family is at camp.

## **Licensing and Accreditation**

Our camp is inspected and licensed annually by the Texas State Department of Health Services Agency.



# CODE OF CONDUCT

At the Y, we are an inclusive organization that strives to create a nurturing, genuine and hopeful environment where all people feel welcome, comfortable, connected and secure.

## WHAT WE WANT TO ACCOMPLISH

- Increase the experiences, opportunities and relationships that help youth thrive
- Teach the Y core values of caring, honesty, respect and responsibility in all programs
- Provide opportunities for youth to serve others
- Strengthen positive family communication and relationships
- Motivate, support and encourage habits of healthy living
- Encourage and enable adults to enrich their lives through service and giving that strengthens their community
- Develop and cultivate community collaborations for youth development and healthy living

Therefore, we have adopted the following Code of Conduct that applies to everyone in our facilities and participating in our programs.

## INDIVIDUALS ARE EXPECTED TO:

- Uphold our core values of caring, honesty, respect and responsibility
- Follow facility usage and safety rules
- Maintain an atmosphere free of derogatory or unwelcome comments, conduct or actions
- Maintain an atmosphere free of negative behavior focused on another's sex, race, ethnicity, age, religion, disability, sexual orientation, or any other legally protected status
- Be respectful and cooperative with staff and fellow participants

## THE FOLLOWING ARE NOT ACCEPTABLE IN OUR FACILITIES AND PROGRAMS:

- Abusive, harassing, intimidating or obscene language or gestures
- Threats of harm, physical aggression or violent acts
- Anything visible that conveys a message of hate, exclusion, intimidation, threat or violence
- Weapons of any kind
- Smoking this includes
- Damage or defacing YMCA property
- Possession, sale, use, or being under the influence of alcohol or other controlled substances
- Offensive or unlawful conduct

Our first priority is to protect our participants, especially our children. Where participation is contrary to that value, we reserve the right to deny access to any person, including one who has been charged with or convicted of any crime involving violence or sexual abuse or who is required by law to register as a sex offender.

Failure to follow this code of conduct will result in immediate action, which may include eviction from the premises, loss of privileges, and suspension. The Y may contact security, police or other authorities for assistance or to take appropriate legal action.

If you experience or observe inappropriate conduct, we encourage you to promptly report your concerns to our staff. We will make every effort to ensure that reports are investigated and resolved promptly and effectively.

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Printed Name

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Signature

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Date

# YMCA CAMP CARTER CHALLENGE COURSE RELEASE OF LIABILITY FORM

Name of Participant \_\_\_\_\_ Age \_\_\_\_\_

Please print

*Any person using the Challenge Course must sign a Release of Liability Form to participate.*

Please complete and return to the instructor, teacher or camp office.

## Medical Information:

I am aware that participating in any physical activity may be dangerous. Because of the inherent dangers of participation in such activities, I recognize the importance of following directions of the facilitator/instructor to the best of my ability. So that a facilitator/instructor may be properly informed, I fully disclose the following medical information (If nothing please so indicate).

- I am currently under a doctor's care for: \_\_\_\_\_
- I am currently taking the following medication(s):  
\_\_\_\_\_
- I am allergic to the following medication(s) or allergen(s):  
\_\_\_\_\_
- The following medical condition(s) might affect my participation:  
\_\_\_\_\_

## Release of Liability:

I understand that part of the Camp Carter Challenge Course program may be physically or emotionally demanding. I affirm that my health is good, and that I am not under a physician's care for any undisclosed condition that bears upon my fitness to participate in Challenge Course activities. I understand that each participant must assume the risk of physical injury that could result from any of these activities. I hereby consent to first aid and/or emergency medical care for treatment of injuries that I may sustain while participating in any activity associated with Camp Carter YMCA. I, the undersigned for myself and my heirs, do hereby release the YMCA of Metropolitan Fort Worth and its employees and agents from any and all claims for injury, loss, or damage I, or my child, may suffer as a result of my/their participation, including any injury caused by the negligence, if any, of the YMCA, its officers, employees, agents, volunteer, or the negligence of anyone else. I have **carefully** read this Release of Liability and fully understand its content. I give my permission to the YMCA of Metropolitan Fort Worth to use photographs, film footage, or tape recordings, which may include my image or voice for the purposes of promoting or interpreting YMCA programs for no compensation.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature (if under 18):

\_\_\_\_\_ Date: \_\_\_\_\_



## YMCA PHOTO/AUDIO VISUAL/NARRATIVE RELEASE

I am 18 years of age or older and, if not, my parent or legal guardian has also provided their consent by signing below.

**Consent & License.** For my participation in activities to be conducted by the National Council of Young Men's Christian Associations of the United States of America ("YMCA of the USA") or any of its chartered member associations in the United States (collectively "the Y"), and collaborating third parties, I consent, now and for all time, to the making, reproduction, editing, broadcasting or rebroadcasting of:

- video film or footage of me,
- sound track recordings of me
- photo reproductions of me
- any narrative account of my experience

My consent includes a perpetual license to the Y and collaborating third-parties for the use of the above materials for publication, display, sale or exhibition in promotions, advertising, education and commercial uses. Use includes reproductions in any form and media currently existing or later conceived, adaptations and/or revisions, throughout the world in perpetuity.

I understand and agree there may be no additional compensation for this license, and I will not make any claim for payment of any kind from the Y or collaborating third-parties. I may, or may not be, identified in such licensed uses; however, my name will not be used to endorse any particular products or services.

**Ownership, Confidentiality, and Shared Use.** With respect to any of the above uses, I further agree:

- All works shall belong to YMCA of the USA;
- The Y has no duty of confidentiality regarding any licensed uses;
- YMCA of the USA shall exclusively own all known or later existing rights to the uses throughout the world;
- The Y and collaborating third-parties may use any video film, footage, sound track recordings and photo reproductions of me and/or my narrative account for any purpose without additional compensation to me.

**Release from Liability.** I agree that my consent is irrevocable. I hereby release and discharge The Y and collaborating third-parties, from any and all claims, actions, lawsuits or demands of any kind arising out of my consent, license grants, uses, or the shared uses of any works or materials referenced herein.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

I am the parent or legal guardian of (child's name). I hereby consent and grant the licenses detailed in the foregoing on behalf of my minor child.

Signature of parent or legal guardian: \_\_\_\_\_

Printed name: \_\_\_\_\_