

YMCA Camp Pepin Counselors-In-Training (C.I.T.) Camp Summary

Welcome to Counselors-In-Training (C.I.T.) Camp!

YMCA Camp Pepin believes that its camp experiences should be designed to enhance the YMCA's mission of building healthy spirit, mind, and body. It is our belief that giving campers the opportunity to participate in unique activities in the beauty of natural creation encourages them to learn new skills, accept new challenges, and develop confidence in themselves and others. It is our belief that offering experiences that are both physically and mentally challenging will help campers to grow in stature and in maturity. It is also our belief that offering a variety of activities where campers can succeed as individuals or as part of a team influences them to grow into well-rounded contributors to society.

Counselors-In-Training (C.I.T.) Camp is a two-week session that helps young adults make the transition from being a camper to a counselor. In preparation for becoming role models for the younger generations of campers, participants in the CIT Camp will undergo a training schedule that mimics the staff training period prior to summer camp. They will also study, plan, and participate in several camp activities, including the Challenge Course, an off-site overnight tent-camping experience, and a camp service project. CIT campers should be prepared to take on their reasonable share of responsibilities during the activities scheduled for this session.

Overview

CIT Camp is generally considered to be the culmination of Camp Pepin's Leadership Camps program. While certain aspects of it will allow CIT campers to simply participate in traditional camp activities, its greater focus is to equip CIT campers with the training and skills needed to facilitate these activities. The skills performed will include demonstrating desirable staff qualities, assisting camp staff in the deliverance of various activities to younger campers, planning and participating in an off-site trail camp excursion, and contributing to a camp service project.

What to Bring

In addition to the items listed on the Bring-Along List in the *Summer Planning Guide*, please bring the extra items listed below with you (there's the possibility that you may not use all of these while on the trail, but you may regret not having them if the need arises).

- Sleeping mat (if you wish)
- 1 Pair of durable closed-toed shoes (like hiking boots) that can get wet
- 2 Pairs of wool socks
- Wool or fleece hat
- Compressible sleeping bag
- Durable rain-gear (coat and pants)
- 1 Pair of polypropylene long johns (long-sleeve top and long pants)

Arrival and Departure Times

CIT campers should arrive at Camp Pepin on Sunday between 2:00-3:00pm (along with all of the other campers). Parents and Guardians will pick-up CIT campers and their belongings from Camp Pepin on their second Friday after the 4:00pm Closing Ceremony (which parents, family, and friends are invited to).

Accommodations

All nights will be spent in cabins at Camp Pepin except for the off-site campout, which will be spent in tents.

Lead Instructor

The lead instructor will be the Camp Pepin Leadership Director with the assistance of other camp staff members.

Supervision

A minimum of 2 camp staff members will supervise the campers, with more being assigned as dictated by enrollment.

Transportation

Camp Pepin staff members will drive the campers to their off-site camping destination from camp. Participants will travel by 15-passenger vans, which undergo a thorough professional mechanical inspection prior to each summer camp season, and which undergo a written vehicular inspection prior to each excursion. Camp Pepin staff members participate in a driver training session that is specific to handling 15-passenger vans with trailers, and must demonstrate specific road skills and maneuvering competency before being added to the camp's vehicular insurance and being approved to drive a camp vehicle. All passengers are required to wear seatbelts any time their vehicle is in motion.

Meals

While CIT campers are at Camp Pepin, their meals will be served in the Dining Hall at the regular meal times. While on the trail for their camping trip, the campers will be cooking their own meals from menus created by the Leadership Director and approved by the Food Service Director. Meals on the trail will minimally include a main course, at least one side of fruit or vegetables, a dessert, and a beverage in addition to water (e.g., cocoa, tea, crystallized drink mixes, etc.). Special dietary needs can often be accommodated on off-site trips if we are made aware of these in advance.

ItineraryWeek 1: Monday-Friday

Counselor training, including the Challenge Course and other camp activities.

Weekend

While in camp, the schedules for CIT campers will generally follow the daily camp itinerary, but will be flexible enough to accommodate unique weekend activities. CIT campers will also be participating in an off-site camping trip.

Week 2: Monday-Friday

Participation in the regular camp schedule as assistants to the counselors.

Inclement Weather

If the weather becomes severe, campers and their staff members will follow Camp Pepin's severe weather guidelines. If severe weather conditions occur on the trail, campers and their staff members will follow the established severe weather guidelines and seek shelter in the location where they are camping.

Emergency Care

Camp Pepin staff are minimally certified in Red Cross First Aid and CPR. An emergency kit and health forms will accompany all staff and campers on off-site trips. Local EMS services are available at Camp Pepin and medical facilities are available in Red Wing, MN, at Fairview Red Wing Medical Center, in Wabasha, MN, at St. Elizabeth's Medical Center, and in La Crosse, WI, at one of the hospitals in this community (all within 20-25 miles of an area where the campers will be staying).

Location

CIT Camp will mainly be held at Camp Pepin except for scheduled off-site camping.