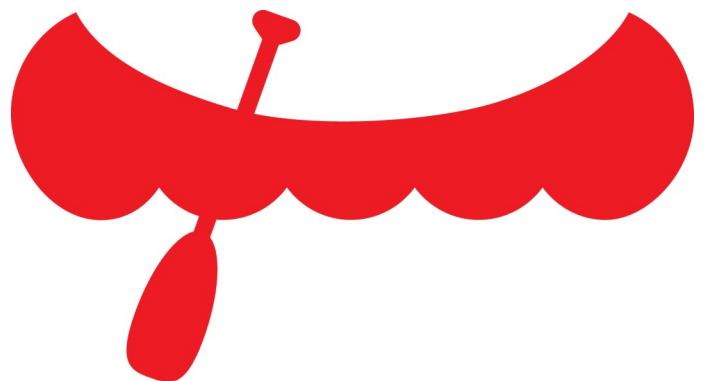




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PLAN PREPARE ENJOY!

ENVIRONMENTAL EDUCATION
YMCA CAMP CHEROKEE
1299 CAMP CHEROKEE ROAD
BLACKSBURG, SC 29702



WELCOME!

We look forward to seeing you soon

Thank you for your interest in the Environmental Education Program at YMCA Camp Cherokee. We are located in the middle of Kings Mountain State Park, which means we have incredibly diverse ecosystems to explore—from a creek, to a wetland, to a lake! We take advantage of the natural habitats and resources to provide students the most authentic environmental education and outdoor science experience possible.

EXAMPLE OVERNIGHT TRIP SCHEDULE

DAY ONE	GROUP 1	GROUP 2	GROUP 3	GROUP 4
10am-11am	Arrive at YMCA Camp Cherokee! Welcome, cabin assignments, move in!			
11am-12pm	Chaperone & teacher orientation (location: Dining Hall), Big group activity for students (location: athletic field)			
12pm-12:30pm	Bagged Lunch			
12:45pm-2:15pm	Class 1	Class 2	Class 3	Class 4
2:30pm-4:00pm	Class 4	Class 1	Class 2	Class 3
4:15pm-5:30pm	Free Time – Basketball court, athletic field, volleyball, disk golf			
5:45pm-6:30pm	Dinner			
7pm – 8:30pm	Evening Program			
8:45pm-9:30pm	Showers & Cabin Time			
DAY TWO				
7am-8am	Pack all bags, clean cabins, go to breakfast!			
8am-8:45am	Breakfast in the Dining Hall			
9am-10:30am	Class 3	Class 4	Class 1	Class 2
10:30am-12:00pm	Class 2	Class 3	Class 4	Class 1
12:00pm-12:55pm	Lunch in the Dining Hall			
1:00pm-1:10pm	Closing thoughts, thanks for coming!			
1:15pm-2:00pm	Carry all bags up to the parking lot, final sweep on cabins, load the bus, and head for home!			

TRIP LEADER CHECKLIST

4-6 Months Before Trip

- Schedule and confirm trip date (s)
- Submit contract and deposit to Camp Cherokee
- Inform parents and students of trip
- Arrange for transportation or contact Camp Cherokee if transportation is needed
- Emergency transportation: your school is responsible for providing emergency transportation if necessary
- Consult school administration regarding the need for a chaperone background check, policies related to student safety and abuse prevention, etc.

1-2 Months Before Trip

- Send a Chaperone Letter, What to Bring List, and parent-packet home with students
- Submit schedule and information form to YMCA Camp Cherokee
- Discuss trip goals and expected behavior with students
- Collect final payment from students to have turned into Camp Cherokee staff

2-4 Weeks Before Trip

- Finalize number of students & chaperones attending and update this information with Camp Cherokee
- Hold chaperone meeting to review roles and responsibilities
- Collect permission forms from students
- Send final payment to YMCA Camp Cherokee

1 Week Before Trip

- Make nametags for every student; this helps the instructors make each class personal
- Ensure all students are prepared with a lunch, as we cannot provide lunches for day trip students
- Review with students your expectations, goals, and what to bring for the trip
- Review schedule sent from Cherokee; contact Director with any questions, concerns or changes that need to be made.
- Make final contact with Camp Cherokee for confirmation and to ask any questions you may have.

Day of Trip

- Head count and collect lunches
- Give every student a name tag
- Call Camp Cherokee staff to verify number of students and time of departure



GUIDELINES

CANCELLATION AND WEATHER POLICY

We have a "Rain or Shine" policy at Camp. There are some indoor activities that we can facilitate, but will try to get out for at least a portion of the day. Visitors should bring rain gear as necessary.

If severe weather conditions exist or are predicted, the UPYMCA will cancel programs and notify the teacher and school immediately. We will work with groups to re-schedule as our schedule allows.

Cancellation by a School If an unforeseen emergency arises and you must cancel, please call Nell Pears at 540.272.2260 or Savannah Anderson at 803.818.8763. Failure to do so may result in the forfeiture of payment or fees that have been collected.

WHAT SHOULD WE WEAR?

Students should wear closed-toed shoes. (No flip-flops or sandals). Long pants or shorts are appropriate, depending on the temperature. Please encourage and remind your students to dress warmly if your visit is scheduled during cool/cold weather.

EXTRA VEHICLE

We ask each group provides an additional vehicle in case an emergency should arise while at camp.

WHAT'S MY ROLE AS A TEACHER?

YMCA Camp Cherokee wants you to enjoy your field trip to Camp as much as your students will! When you arrive at Camp Cherokee, you can relax and enjoy the lesson with the students. We just ask that you, as well as your chaperones, help us keep everyone focused on the instructor and making safe choices.



FIRST AID AND MEDICATIONS

Bring any necessary medications with you on the bus to Camp Cherokee. Please inform camp staff, as necessary, of any medical conditions. We recommend groups have a first aid kit, as well. In the case of a serious emergency, please have parent contact information easily accessible.

NAME TAGS

We like to be able to call students by their name when they are participating in our program. Your help in providing name tags will be appreciated!

WAIVERS

Our insurance carrier requires us to have signed waivers by each student's parent or guardian in order to participate in our programs. Please help us keep Camp Cherokee injury-free! We will need one from each adult, as well.

TRANSPORTATION

The Upper Palmetto YMCA will be able to provide transportation from your school*. The fees include mileage and hourly driver wages. If you choose this option, these costs will be included in an invoice. Please contact THE Director of Environmental Education as soon as possible if you will require transportation.

*YMCA can only provide limited transportation; be sure to contact Savannah at sanderson@upymca.org if you plan on utilizing this option.

TEACHER CHECK LIST

Check it once, check it twice!

WHAT TO BRING WITH YOU

- Signed Waiver Forms – one from each student and one from each adult
- First aid kit
- Student medications & parent/emergency contact info
- Lunches/drinks *
- Trash bag (s)
- Student name tags – placed where we can see and read them easily
- Appropriate attire: closed-toed shoes, rain jacket or poncho
- Sunscreen and an extra cooler and bottled water (as necessary)
- Packed overnight bags

PARK ETIQUETTE AND STUDENT SAFETY

To ensure a memorable day for the students, please relay the following information to your students and chaperones.

Each living and non-living part of the park must be treated respectfully and remain in the park.

- Please stay with the group and stay on the trails. This also decreases chances of poison ivy.
- Please refrain from running – large roots and rocks have been known to cause falls!
- To avoid injuries leave rocks and sticks on the ground. This also helps avoid injuries and prevents disruption to wildlife.
- Please refrain from having physical contact with living creatures, such as turtles, frogs, lizards, etc. Besides health issues, *we* are visitors in *their* environment.
- Food and trash should be kept in the mess hall where lunch is consumed. Please help us ensure all trash is picked up prior to departure.

LUNCHES & OTHER ITEMS

- Please collect lunches at school and pack them in field group specific large cardboard boxes so they can be moved & stored easily.
- We encourage visitors to bring only what they are willing to carry with them all day. Students do not need a lot of “extras” to keep up with.

YMCA CAMP CHEROKEE

OVERNIGHT PACKING LIST



ESSENTIAL CLOTHES TO PACK

2-3 Pairs of Shorts
1 Pair of Pants
Changes of Underwear
3 pairs of socks
1 Warm Layer (sweatshirt, etc.)
1 pair of Closed Toe Shoes
1 pair of Flip-Flops
1 Rain Coat

NIGHT TIME

Set of Single Sheets
A Pillow
Sleeping Bag or Blanket
Laundry Bag
Flashlight
Pair of Pajamas

TOILETRIES

Towel
Washcloth
Soap & Shampoo
Comb or Brush
Toothbrush & Toothpaste
Contacts & Solution (if worn)

THINGS TO LEAVE AT HOME

Lighters
Water Guns
Expensive Items
Firearms or Knives
Fireworks
Shaving Cream
Cell Phones

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CABIN CAPACITY

YMCA CAMP CHEROKEE

Paradise Valley (PV)

- PV-1 2 Occupants
- PV 0 8
- PV 1 8
- PV 2 8
- PV PD 16
- PV 3 8
- PV 4 8
- PV 5 8
- PV 6 16
- PV 7 16
- PV 8 16
- Total: 114 Occupants

Barbary Coast (BC)

- BC-1 2 Occupants
- BC 0 8
- BC 1 8
- BC 2 8
- BC OC 6
- BC 3 8
- BC 4 8
- BC 5 8
- Total: 56 Occupants

Chigger Junction (CJ)

- CJ 0 2 Occupants
- CJ 1 8
- CJ 2 8
- CJ 3 8
- CJ 4 8
- CJ 5 6
- CJ 6 8
- CJ 7 8
- Total: 56 Occupants

HELPFUL HINTS FOR CABIN ASSIGNMENTS

- PV has a two sided shower house complete with showers, toilets, and sinks to accommodate boys and girls. PV also has a "latrine" that has three toilets and an outdoor sink basin for hand washing/teeth brushing etc. PV has the ability to accommodate two genders.
- BC has a small shower house with three showers and four bathroom stalls. It also has an outdoor sink basin for hand washing/teeth brushing etc. BC is recommended for one gender.
- CJ has a "latrine" with toilets and an outdoor sink basin for hand washing/teeth brushing etc. CJ is recommended for one gender.
- At least one chaperone in each cabin, cabins with 16 beds should have two chaperones.

SAMPLE MEAL OPTIONS

YMCA CAMP CHEROKEE

Breakfast Options

- Eggs
- Sausage
- Bacon
- Grits
- Hash browns
- Biscuits and Gravy
- French Toast Sticks
- Bagel / Donut / Muffin

***Pick 3 Options from Above**

- Cereal Bar
- Juice / Coffee / Milk

Lunch Options

- Chicken Sandwich
- Pizza
- Meatball Hoagie
- Hamburger/ Veggie Burger
- Baked Potato Bar
- Chicken Quesadilla
- Chicken Tender

Lunch Side Options

- Cole Slaw
- Pasta Salad
- Tater Tots
- Corn
- Mashed Potatoes
- Green Beans
- Black Beans
- Rice
- Macaroni & Cheese

Dinner Options

- Fried Chicken
- Pork Loin
- Manicotti
- Chicken or Shrimp Alfredo
- Taco Bar
- Pulled BBQ

Dinner Side Options

- Baked Potato
- Garlic Mashed Potatoes
- Oven Roasted Red Potatoes
- Macaroni & Cheese
- Normandy Vegetable Blend
- Steamed Broccoli
- Glazed Carrots
- Green Beans
- Spiced Apples
- Dinner Roll
- Garlic Biscuit
- Bread Stick

***Pick 3 Side Items from Above**

- Salad Bar

Our prestigious kitchen staff is flexible and can accommodate any vegetarians and dietary restrictions!

EVENING PROGRAMS

YMCA Camp Cherokee offers one of the following activities each evening between 7:00—8:30pm. Your entire school will be together during this time period.

- Campfire and skits
- Nature Documentary
- Police Dog Tracking Demonstration
- Field Game
- Movie (Teacher's Choice)
- Science Fair

YMCA CAMP CHEROKEE

EMERGENCY CONTACT LIST

PHONE LIST

Kings Mountain Hospital	(980) 487-5000
Piedmont West Urgent Care	(803) 628-0004
Nellica Pears	(540) 272-2260
Will Gilmore	(803) 984-1713
Savannah Anderson	(803) 818-8763
Camp Cherokee	(803) 222-2850

CHECKLIST FOR 911 CALLS

Give specific details why 911 is being called—nature of call, age of victim, allergies, any medications taken regularly and/or the day of, etc.

Give specific location where ambulance needs to come and have someone waiting to flag them down and direct them where to go.

Give copies of the following to EMS:

- Copy of Health Information sheet(s)
- List of medications given (if any)
- Contact Information—parents' names and numbers, emergency contacts
- Copy of insurance card.

ADDRESS

1299 Camp Cherokee Road
Kings Mountain State Park
Blacksburg, SC 29702

* GPS may require Clover, SC 29702



Camp Cherokee

Climbing Wall

Canopy Tour

Low Ropes Course

ATHLETIC FIELD

Archery Range

Parking

Canopy Tour

Control Area

Staff Residence

Cookhouse

Mass Hall

Flag Pole

Archery Range

Canopy Tour

PV

BC

Amphitheater

Waterfront

Lake York

