Camp Guidelines for Bringing Camp HLC to Your Area

1. **Time to plan camp:** Ideally, 6 months to 1 year

2. **Location:** YMCA camp that is available for 3 day weekend (Friday night until Sunday afternoon) that is at least 200 miles from another Camp HLC and provides:
   a. Meals
   b. Guided Activities
   c. Winterized cabins with electricity and bathrooms
   d. Cabins located in a group together for Camp HLC

3. **Volunteers:**
   a. 1 volunteer chaperone for every 3 to 4 children
   b. Camp Leader to work with HLC’s Camp Director
   c. At least 3 adults who can facilitate informal activities and guided discussions with children. Counselors, social workers and/or teachers are recommended.
   d. Extra curricular volunteers:
      i. Photographer to capture children’s experiences
      ii. Artist to create a joint therapeutic project with the children
      iii. Wellness coach who can help children distress with massage, yoga and/or meditation
   e. All volunteers must have a current background check completed by Camp HLC

4. **Attendees:** Camp is for children ages 6 through 21
   a. Have at least 20 children registered
   b. **Have an affiliation and communication with ALS clinics/groups in area to recruit attendees**
   c. Children under the age of 12 must come to camp with an adult chaperone
   d. All attendees (children, volunteers, parents) must complete registration forms (waivers, medical information…)
   e. Before camp, all adult attendees (parents, chaperones, volunteers) and parents that are not attending must attend *Review of Camp Rules* via teleconference
   f. At camp, all attendees must attend *Review of Camp Rules*.
   g. Have all attendees complete camp survey. Ask attendees to complete camp testimonial.

5. **Funding:** The YMCA camp fee ranges from $200 to $250 per person attending, on average, depending on the camp. **Must have ability to recruit sponsors and/or host to support camp.** Also, must be able to promote camp in area.

   Additional costs associated with camp include:
   a. Camp t-shirts/sweatshirts
   b. Gift bags for children and volunteers. Gift bags for children typically include camp t-shirt, a few snacks and an age appropriate book.
   c. Providing $10 for each child to spend in camp store
   d. Camp insurance