



SHERMAN LAKE YMCA

Good Afternoon, Sherman Lakers!

See below for another camp guidebook section, a caregiver resource, and a community spotlight! Don't forget that the full Camp Guidebook can be found in your account under "Forms & Documents." If this is your first "preparing for camp" email from me, you can review the previous months [HERE](#).

Camp Guidebook Highlight

Staff

Sherman Lake Y doesn't just have amazing young adults serve as role models for your kids while they're at Camp - we aim to teach them about what healthy child-adult relationships and boundaries look like, to keep them safe outside of Camp too! See below to learn a little more about our staff, our policies, and practices!

- All staff go through extensive background checks, interviews, and reference checks, are mandatory reporters, and are at minimum First Aid/CPR trained, but most are higher certified like Lifeguards!
- Staff are assigned to camper groups that adhere to ratios permitted by the State of Michigan and the American Camp Association. In general, the younger the campers, the smaller the group! Overnight camp counselors sleep in the cabins, ensuring constant supervision.
- We follow the "truddy" rule, where campers are always to be in a group of three or more - meaning staff are never one on one with campers.
- Summer staff go through an extensive training week to learn about working with all kids, consent, boundaries, supervision, inclusion, and so much more.
- We maintain a "no-outside contact" policy for campers and staff. This includes social media and texting! We ask that communication goes through the Camp Office as this follows our "truddy" system!

Caregiver Resource

Hot Chocolate Talk Campaign

As stated, our goal is not just safety at Camp, but everywhere for children. This resource was created by the Committee for Children and has incredible resources for adults to have age appropriate conversations with their children about their safety.

Last month, the Y-USA hosted "[Five Days of Action](#)" that we participated in! It had so many more resources for caregivers about safety with their children; facts to know, how to respond, tools for social media, questions to ask your Camp or other youth organizations, and more.

Have you heard of [Praesidium](#)? It's a leading expert in child abuse safety and risk management, and Sherman Lake Y is accredited through them! This was a process that took over a year and lets you know that safety is a top priority at SLY.

Community Spotlight

Association for Children's Mental Health

May is Mental Health Awareness Month! This Lansing based organization is family driven, youth guided, and community based with a limitless amount of resources. We all have mental health - let's break the stigma and talk about it!

Thanks for reading and being a part of our Sherman Lake Y family! Make sure to like us on [Instagram](#) and [Facebook](#) to stay connected until my next email.

Best,
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PS - We're still looking for a few more members to round out our counselor staff team! If you know anyone that is a role model that would be a great fit, [send them this link!](#)

*This is a mass email