



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME WELL SPENT

Retreat Planning Guide

YMCA CAMP MARSTON & RAINTREE RANCH



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ymcasd.org/marston

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TABLE OF CONTENTS

Group Reservation Procedures	Page 3-4
Facilities	Page 5-6
Programs & Activities	Page 7
Group Leadership, Supervision, Injury & Illness	Page 8
Food and Meal Service Information	Page 9
Group Leader Checklist and Weekend Rates	Page 10
Sample Weekend Schedule	Page 11
**Rules and Safety Information	Page 12-13
**Directions to Camp Marston	Page 14
**Directions to Raintree Ranch	Page 15
Frequently Asked Questions	Page 16
**Weekend Packing List	Page 17
**Health History Form for Unaccompanied Minors	Page 18
**Liability Waiver Form for Adults	Page 19
Map of Camp Marston/Raintree	Page 20
Camp Marston Lodge Layout	Page 21
Raintree Ranch Bunk House Layout	Page 21
Raintree Ranch House Layout	Page 22

**** Indicates pages to photocopy and distribute to your parents/adult participants.**



ATTENTION GROUP LEADERS!

The information in this guide will help you plan for a successful retreat. Please carefully read through this guide to ensure that all is in order from the time you book your visit until you are leaving for Camp. As the group or retreat leader we are counting on your support by using this guide to prepare for your coming visit.

Once user Agreements have been sent out and Deposits are received one of our Program Directors will contact you to plan and ask for details such as final numbers, activities, activity time requests and cabin assignments.

If you have any questions, please do not hesitate to call the Camp Program Director at (760) 765-0642 ext.1912 or email Tami Tharp, ttharp@ymcasd.org

Thank you for becoming part of our Camp family. We look forward to seeing you soon!

GROUP RESERVATION PROCEDURE

CHECKING AVAILABILITY

Popular weekends fill up a year in advance, call 760-765-0642 ext 1912 or email one of our Camp Program Directors to request specific a date. If you are interested in a Camp Tour, we would be happy to show you around our facility to give you a better feel for our home. Please call or email at least 3 weeks in advance to schedule a Tour.

RESERVING A WEEKEND

After finding appropriate dates and seeing camp, the following information is needed for camp to create a User Agreement for a specific week/weekend.

- 1) **Name of Group** and/or Sponsoring Organization
- 2) **Address, Phone, Fax, Email** of group/sponsoring organization
- 3) **Group Leader** name, phone, email
- 4) **Estimated Attendance** (a minimum guarantee of 75% of this number will be set).
- 5) **First and Last Meal** you'd like served at camp
- 6) **Arrival Time** (no earlier than 4pm on Friday)
- 7) **Departure Time** (no later than 1pm on Sunday). Most groups depart before lunch (11am or Noon) but sleeping lodges must be vacated within one hour of your last meal.
- 8) Request for indoor or outdoor **Meeting Spaces** specifically for your group

Items **REQUIRED** for a Confirmed Reservation:

- 1) Within 30 days of receiving the Facility Use Agreement from YMCA Camp Marston/Raintree Ranch, each User Group has **30 days to sign and return the Facility Use Agreement and submit a non-refundable deposit**. The deposit is calculated based off of your Estimated Attendance and is 50% of that amount.
- 2) Each User Group must have proof of **Liability Insurance** in the amount of \$1,000,000 naming the YMCA of San Diego County at 3708 Ruffin Rd. San Diego, CA 92123 as additionally insured. Upon receiving the Facility Use Agreement please contact your organization's insurance to begin the process of getting this proof of insurance. Please email, mail or fax this proof to our office at least 30 days prior to your visit.

We have many groups that use our facility and to accommodate everyone's needs a **Signed Facility Use Agreement and Deposit is required to hold the your requested dates**. If a Deposit and Agreement is not submitted by the due date, the dates will be released and become available for other groups to reserve. In the event of a cancellation your deposit will not be refunded. This policy has always been in effect, but due to an increase in last minute cancellations, YMCA Camp Marston/Raintree Ranch is now obligated to hold every User Group accountable the fullest extent of this policy. If you have any questions or concerns, please contact either Camp Program Director immediately: **Tami at ttharp@ymcasd.org**

SCHEDULING MEALS

Final meal time schedules will be available at camp on check-in day. Meal times are generally 8am, Noon and 5:30pm, but if you request specific times for your group's schedule please contact the Pro-gram Director. 6:30pm is the latest that dinner can be served. A final count of attendees for meals is due one week prior to your visit so the kitchen can order food appropriately.

Friday night dinner is only available for groups larger than 25 and only if the entire group will be arriving at the same time at 1 hour prior to meal time. Most groups choose to have participants find dinner on their own on the way up or in the town of Julian which has multiple eating establishments.

See page 9 for more detailed meal service information.

SCHEDULING ACTIVITIES

Generally activities are "open" during the day and guests can rotate to whatever activity they choose, but consult the final Weekend Schedule upon arrival.

LODGING ASSIGNMENTS

Approximately 1-2 weeks prior to visit Group Leaders should check with the Camp Program Director about making final lodging assignments. Call 760-765-0642 ext. 1912 and ask to speak with a Program Director.

WAIVERS & HEALTH HISTORY FORMS

All adults will check in electronically upon their arrival to camp. However, it is the responsibility of the Group Leader to make sure all minors attending without their parent or guardian have a completed copy of the Health History/Waiver (page 18) AND a signed copy of the Covid-19 Assumption of Risk and Release Waiver (page 19). Each minor attending without their parent or guardian must have both forms completed and signed in order to participate at Camp. These forms will be collected upon check-in.

PAYMENT OF SERVICES

- **A 50% deposit is required prior to arrival, at the time of reservation confirmation.**
- **All groups must provide full final payment upon arrival at camp or make prior arrangements with the Program Director for a Net 30 Day payment upon departure.** Checks should be made payable to YMCA Overnight Camps. We accept Cash, Credit/Debit, or Checks.
- Groups will be charged for **final number of attendees or minimum guarantee**; whichever is higher.



CAMP MARSTON FACILITIES

- **10 modern sleeping Lodges** each with 24 beds per lodge. All Lodges have four separate bedrooms with three bunk beds (six beds) per room, two modern restrooms off the hallway which can be either single gender or shared genders, and a **common** room with fireplace and couches
Total capacity 240 beds (*Lodge Numbers: 2, 3, 4, 5, 6, 7, 8, 9, 10 and 11*)
- **Dining Hall:** newly remodeled as of January 2019, complete with single stall restrooms. Indoor seating for 240 people and additional outdoor seating for 60 people
- **Upper Holmes Lodge:** large indoor meeting space with fireplace, stage, and seated capacity of 50 people, additional capacity if children utilize floor space. (Available only by request when booking for large groups of 40 or more)
- **Lower Holmes Lodge:** indoor recreation area with ping-pong and foosball tables. Lower Holmes also houses our Camp Store which is open on Saturdays from 1:30-4:00pm
- **Old Oaks Outdoor Amphitheatre:** with stage, seating, electricity, fire pit and lights
- **Lake Jessop Fire Pit/Amphitheater:** Lake Jessop provides a chance to experience a beautiful scenic campfire with amphitheater style seating
- **Lake Jessop:** small lake for fishing/canoeing (seasonally available dependent on rainfall)
- **Athletic Fields:** two large spaces, one turf and one grass which are excellent for sports, games or martial arts activities
- **Outdoor Programs led by Camp Staff** and multiple self-led activities available all over Camp Marston property
- **Forested Hiking Trails:** various trails around our property can be used for hiking, biking, and exploring. Guided nature hike can be offered upon request
- **Tent Village:** our platform tent village with 40 bed spaces. Non-heated, but available during warmer months of May, June August and September. Large covered porch area between tents provides a great space for lounging.

Firewood is provided free of charge for appropriately sized indoor fireplaces and small outdoor campfires. Due to the constant threat of wildfires in our area, outdoor campfires are only permitted in established outdoor fire pits. Portable fire pits not permitted at YMCA Camp Marston or Raintree Ranch. All indoor fireplaces and outdoor fire pits must be supervised by an adult at all times.



Upper Holmes Meeting Space



Camp Marston Lodge



Living Room of each Lodge

RAINTREE RANCH FACILITIES

YMCA Raintree Ranch is our smaller facility up the hill from YMCA Camp Marston. Raintree is an exclusive use property which is perfect for smaller groups, as we limit the number of people to 50 from October – May. Larger groups may be accommodated at Raintree Ranch in warmer months of June, August and September. Some large groups will overflow from Marston into Raintree as needed.

- **Ranch House:** Two story homestead with six separate rooms (44 beds total), 3 full bathrooms, and small lounge with fireplace. Various size bedrooms have a capacity of 4 -12 people per room
- **Dining Hall:** An indoor dining area attached to Ranch house (50 person capacity), and an additional outdoor dining space with picnic tables for 100 people. Meals can be exclusively served at Raintree, or if utilizing Camp Marston programs, some meals may be served down at Camp Marston if utilizing
- **Bunkhouse:** Two story duplex style cabin with four individual dorm rooms of 18-24 beds and bathrooms conveniently located inside. 84 beds total
- **Bunkhouse Outdoor Fire Pit:** with circular seating for 80 outside the Bunkhouse
- **Indoor Conference/Meeting area:** this space is located above the Raintree Ranch barn (known as Upper Barn) and has a capacity of 40 people
- **Outdoor Programs** led by Camp Staff available down at Camp Marston. Camp Marston is a short 10 minute hike, or 5 minute drive from Raintree Ranch
- **Outdoor Amphitheatre (Raintree Stage):** with seating for 100, stage, and fire pit
- **Forested Hiking Trails:** various trails around our property can be used for hiking, biking, and exploring. Guided nature hike can be offered upon request

Raintree Ranch is home to our Camp Farm & Garden. **All groups utilizing Raintree Ranch are expected to remain outside of the Farm Animal Enclosures** unless accompanied by a YMCA Camp Staff member.



Ranch House



Bunk House



Raintree Dining Hall



Ranch House Living Room



Bedrooms



Upper Barn Meeting Space

PROGRAM AND ACTIVITIES

YMCA Camps offer everything from a full weekend of staff-assisted programs to simply providing facility support. Our program staff and directors are here to provide a fun, challenging, adventurous, quiet or reflective weekend... Let us know your needs so we can best work with you. Activities available to your group are determined by several factors including: group size, weather conditions, and program commitments to other groups.

DAY TIME STAFF LED ACTIVITIES

- **Climbing Tower:** a multi-sided and multi-route climbing tower to challenge climbers both young and old
- **Canoeing on Lake Jessop:** we provide the lifeguard, lifejackets, paddles and canoes. You provide the muscle to paddle your boat. (Seasonally available dependent on water level and weather)
- **Archery Range:** with 14 stations allows multiple archers at a time to participate. The targets range anywhere from 25-100 feet from the target depending on ability
- **Marksmanship Range:** allows both children and adults to use our air BB guns in a fun and safe environment. Personal firearms not allowed on Marksmanship Range
- **Candle Making:** at our Arts & Crafts Pavilion
- **Paintball Slingshots:** take a beautiful walk to the far side of the lake, aim for the tin cans, water jugs and various other targets and watch the paint fly

SELF-LED ACTIVITIES OPEN ANY TIME

- **Nature Hike:** if a guided hike is an activity your group would appreciate, please request this activity during the planning stage
- **Ga Ga:** our most popular activity! This game involves a playground ball in an octagon pit, somewhat like dodge ball, but much more fun and safe! Easy to play, and can be addictive
- **Bouldering Wall:** this is a free climbing structure that is available at all times. Try your traversing skills here!
- **Fishing at Lake Jessop:** bring your own pole and bait but no permit needed seasonally available (catch and release)
- In addition we have a **basketball court, horseshoes, and indoor recreation room** which are stocked with equipment to enjoy at your leisure

OPTIONAL EVENING ACTIVITIES

- **Campfires and Skit /Talent Shows** have always been an integral part of the camp experience. Songs, skits, and stories can be run by our Camp Staff exclusively, or we can supplement your evening program
- **Night Hikes** are a unique Friday night activity where Camp Staff provide an educational and mystical experience that may include star gazing, story telling, and experiments with light and vision



LEADERSHIP AND SUPERVISION

Group leaders must ensure all group members adhere to camp rules and monitor quiet hours/alcohol policy (see page 12).

MINORS

All minors (under the age of 18) must be supervised by Parent, Group Leader, or Chaperones for the duration of their stay at the YMCA. We suggest a minimum ratio of 1 adult per 8 minors be adhered to while the group is at camp.

Youth Groups, in particular, require close supervision. During free-times, reasonable boundaries must be maintained and be supervised by chaperones and group leaders. The care and safety of all minors is primarily the responsibility of the leaders and chaperones of the group. If reasonable supervision is not provided, the camp reserves the right to remove any or all of the group's participants.

- Please make sure campers respect the privacy of others by only entering their own lodging.
- Please be aware that all emergencies and discipline problems are to be handled by the group leaders.
- All minors not accompanied by a parent or guardian must have a signed Health History Form/ Waiver to seek emergency treatment (provided in this packet on page 18) AND a signed COVID-19 Assumption of Risk and Release Waiver (provided in this packet on page 19). These forms are to be handed in at check-in.

INJURY AND ILLNESS

Sudden illness, medical problems, minor injury, distribution of medications and emergency transportation are the responsibility of group leaders. The YMCA Program Instructors are trained in routine First-Aid and CPR; however we do not provide health center staff, medications or first aid supplies during your stay.

Each group should have at least one adult, on-site, who is certified in First-Aid and CPR, and who will be the designated Health Care Provider for your group. They should have immediate access to all names and addresses of all participants, emergency names and numbers, and a listing of any people with known allergies or health conditions requiring treatment, restriction, or other accommodation while on site. Any injuries at camp must be reported to the YMCA Camp Staff.

All medical costs incurred while at camp are solely the responsibility of the group or organization at camp. YMCA Overnight Camp does not insure individuals or groups while they stay at camp. If you or members of your group are injured at camp please contact staff so we can assist if necessary and complete an incident report.

Closest urgent care/hospital

- **Ramona Ambulatory Care Center Urgent Care** - 211 13th St. Ramona, CA 92065. Their hours are Mon-Fri 3-7pm and 10-4 on Saturday. 760-789-5174
- **Pomerado Hospital and Urgent Care** - 15615 Pomerado Rd. Poway, CA 92064. 858-613-4000
- Kaiser patients Emergency Care - **Palomar Medical Center** 2185 West Citracado Parkway, Escondido, CA 92029. 760-739-3000.

MEALS AND DINING EXPERIENCE

Delicious and nutritious meals are the focus of the YMCA Camp Marston and Raintree Ranch kitchens! Weekend groups generally eat **buffet style** to support positive smaller group and parent/child interactions. But if your group is large enough to book the entire camp then you can request a family style meal to promote conversation and community with camp or youth groups. **Healthy choices** are available for all appetites, from little campers to adults!

A salad bar with fresh vegetables is available at both lunch and dinner in addition to the main meal. At breakfast this turns into a breakfast bar with fruit, yogurt and hot oatmeal. At breakfast a cold cereal bar is also available.

We pride ourselves on our family style home cooked meals and in meeting your dietary needs. There are very few requests our experienced staff cannot accommodate. Please do your best to inform us at least two weeks in advance of your visit.

Due to varied arrival times on Friday evenings, **we do not serve dinner on Fridays**. Many guests choose to have dinner at various locations in the town of Julian or stop in Ramona on the way up.

A final count of your group attendees for food preparation is due one week prior to your visit, along with a listing of the number of vegetarians, and any basic food allergies/restrictions.

Please have adult group members contact us at least two weeks prior to your visit to discuss:

- Dietary concerns
- Food allergies
- Menus during your visit or your child's visit
- Specific questions regarding our food products



GROUP LEADER CHECK LIST

Retreat Planning Information & Deadlines

- Your **Weekend Retreat** is scheduled for _____
- Submit **Deposit** and **Signed Facility Use Agreement** by _____ (**30 days after receipt of Agreement**). Confirm estimated attendance and minimum guarantee on this contract. Attendance can be altered only up to 3 months prior to visit.
- Certificate of Additional Insurance** must be submitted at least 30 days prior to visit
- Send any **program requests** or **special needs** to Camp Program Directors via email to ttharp@ymcasd.org when booking, and follow up within one month of visit. Meeting spaces specific to your group must be reserved during reservation process.
- Send Health History Forms/Waivers** to parents of minors attending without their parent/guardian at camp. Turn these in upon arrival at the camp office. We suggest you give to parents 2-3 weeks prior to the trip. *(Only for children attending without parent/guardian at camp)*
- Final Count of Attendees** and any relevant Lodging assignments or concerns given to Camp Director ttharp@ymcasd.org one week prior to visit, along with any food allergies/food restrictions for the kitchen.
- Collect money for final payment, due upon arrival at camp**
- Check-in time** is _____. (Refer to your Facility Use Agreement)
- Check-out time** is _____. (Refer to your Facility Use Agreement)

WEEKEND RATES

Valid until June 2022

All rates include all lodging, meals and activities

1 night / 3 meals

Camp Marston: \$160/person

Raintree Ranch: \$160/person

2 nights / 4 meals

Camp Marston: \$180/person

Raintree Ranch: \$180/person



SAMPLE WEEKEND SCHEDULE

FRIDAY

4:00 – 8:00pm Check-In at Camp Office
 7:45 Cookies at the Dining Hall
 8:00-8:30 Night Hikes led by Camp Staff
 10:00 Quiet Hours begin



SATURDAY

7:00am Quiet Hours end
 8:00 Breakfast
 9:15-11:45 Camp Activities Open (See page 7)
 Noon Lunch
 1:30-5:00 Camp Activities Open (See page 7)
 5:30 Dinner
 7:00 Campfire
 10:00 Quiet Hours begin



SUNDAY

7:00am Quiet Hours end
 8:00 Breakfast
 8:30-9:30 Pack up, clean and vacate lodges
 9:30-10:30 Camp Activities open
 Noon Departure from Camp



YMCA CAMP RULES AND SAFETY INFORMATION

SUPERVISION OF GROUP MEMBERS & CHILDREN

- Group Leaders are responsible for supervision of all group members (adults and children) while at camp, and responsible for informing them of camp rules. Removal of intoxicated guests, or guests with improper conduct is responsibility of group leaders. Parents are responsible for supervision of their children at all times. Every effort should be made to minimize the potential for one on one camper/personnel situations when out of sight of others.
- Any damages incurred by children or adults will be charged to the group with a minimum of \$50/incident. These charges may be billed after checkout, and it will remain the responsibility of the group leaders to collect these charges from the responsible individuals.
- Anyone under the age of 18 attending without their parent/guardian must have a completed Health History/Waiver form submitted to camp office upon arrival, and must be signed by parent/guardian along with the Covid-19 Assumption of Risk and Release Waiver" after health history form/waiver.
- Groups are responsible to provide first aid emergency care, first aid supplies, activation of EMS and emergency transportation for their participants if necessary.

ARRIVAL/DEPARTURE: All groups must adhere to the check-in and check-out times specified on the User Agreement.

CHECK-IN begins no earlier than 4:00pm on Fridays; lodges will not be available before this time. **All adults must check in and sign waiver for themselves and children at office upon arrival at camp.**

CHECK-OUT – groups must be **moved out of lodges one hour after their last meal** to allow for cleaning of the facilities. Camp activities are generally open until departure (check your schedule) Bathrooms are available at the central bathroom facility by the climbing tower.

ALCOHOL & ILLEGAL DRUGS – are not permitted anywhere at Camp Marston/Raintree Ranch.

SMOKING – for fire safety smoking is only allowed in the middle of paved parking lots, please be at least 50 feet away from any building.

PERSONAL SPORTS EQUIPMENT – you may bring personal equipment. The YMCA is not responsible for any broken, lost, or stolen items. You must wear helmets and other approved safety gear when necessary.

VEHICLES – Follow all posted speed limits. Please park in designated spots. You must have insurance to drive on YMCA property.

SAFETY

- All group leaders must make sure this camp information is distributed to all participants, or ensure participants attend camp orientation at the beginning of the trip.
- We are in **Mountain Lion** country. It is rare, but if you see one, raise your hands up high and make lots of noise to scare them away. YELL "GO AWAY BIG KITTY!"
- Please do not feed wild animals.
- If you see a **Rattlesnake**, back away slowly, do not try to move it, and then tell camp staff where you saw it.
- Please do not let children hike on forested trails without an adult.

EMERGENCIES

- Groups are responsible for their own first aid and emergency transport. But if you cannot find your group leader, or need help, please find a Camp Staff in dining hall, office or program areas.
- Call our emergency phone 760-445-5266 to reach the Director On Call if you cannot find a Camp Staff. Our Health Center is not staffed on weekends. A phone is also located in the Health Center.
- **EMERGENCY BELL:** If you hear the bell ringing continuously, this is our emergency siren. Assemble on the lower field by the climbing wall and await instructions. (At Raintree assemble at lower riding arena located behind the outdoor amphitheater).

Closest urgent care/hospital

- ◇ Ramona Ambulatory Care Center Urgent Care - 211 13th St. Ramona, CA 92065. Their hours are Mon-Fri 3-7pm and 10-4 on Saturday. 760-789-5174
- ◇ Pomerado Hospital in Poway - 15615 Pomerado Rd. Poway, CA 92064. 858-613-4000
- ◇ Kaiser patients - Palomar Medical Center 2185 West Citracado Parkway, Escondido, CA 92029. 760-739-3000.
- If you or members of your group are injured at camp please contact staff so we can assist if necessary and complete an incident report.

OFF LIMITS AREAS

- Please **stay on trails** when hiking, we do have some **poison oak!**
- Swimming is not allowed in the lake. Climbing Tower, Canoe dock, Archery, BB Gun Range, and Sling-shot Range are off limits without a Camp Staff. Please STAY OUT of construction areas, maintenance areas or equipment.

OTHER

- **Pets are not permitted** at camp (unless service animal).
- **FIRES** only allowed in established fire pits or fireplaces only. They must be supervised by adults and extinguished at the end of your campfire program.
- We are at 4,200 feet of elevation, so drink plenty of **water** to avoid dehydration.
- Please no food/drinks or candles/smoking on **Turf field** (next to climbing tower).
- **No Candles**, incense or open flames in lodges.
- **Weapons** of any kind are not permitted at camp.
- Camp Marston is a shared facility; there may be other guests on property.
- Keep valuables locked in your car.
- **Cabin care:** please turn off lights, close doors and windows when leaving. Please do not stick tape on windows or walls. Groups are expected to clean their cabin upon departure. Groups who do not leave their facilities clean are subject to a cleaning fee of \$50/lodge.
- **Quiet Hours go from 10pm until 7am**, please show courtesy for other guests, staff on property and our neighbors.

Please read through and advise all group members of YMCA policies to ensure the wellbeing and happiness of all participants at Camp.

DIRECTIONS TO YMCA CAMP MARSTON

4761 Pine Hills Road. Julian, CA 92036

These Directions are the simplest way to reach YMCA Camp Marston. Internet map-programs or GPS devices often send you on longer, less-desirable routes. These are the tried and true methods from those of us who drive them often.

Camp Phone: **760-765-0642** if you need help while driving.

From East County

- Take **I-8 East** until you reach **CA-67** to Lakeside and Ramona.
- Continue North on CA-67 to Ramona. CA-67 will turn into **CA-78**
- Go straight through Ramona, no need to turn.
- Follow **CA-78 East** through the small towns of Santa Ysabel and Wynola.
- Approximately one mile BEFORE you reach Julian, turn **Right** onto **Pine Hills Road**. You will see a sign for YMCA Camps on your right and a large billboard for Pine Hills Lodge on the left side of the road.
- Stay on Pine Hills Road 2.7 miles. Pine Hills Road ends at Camp Marston. The road "Y's" a few times, but there are signs directing you at each intersection.
- As you enter Camp, keep driving until you reach the parking lot.
- Park your car, please check in at office and enjoy your stay with us.

From South Bay

From **I-15 North-bound**, exit and turn **Right** on to **Scripps Poway Parkway**.

Follow Scripps Poway Parkway until it ends at the Junction of **CA-67**. Turn **left** onto **CA-67** towards Ramona.

When you reach Ramona the highway will turn into **CA-78** Go straight through Ramona, no need to turn.

CONTINUE WITH DIRECTIONS ABOVE

From North County

From the **I-15 Freeway**, exit onto CA-78 East toward Escondido / Ramona.

When you reach Ramona (AM/PM Market), **CA-78** will turn **Left** and continue toward Julian.

CONTINUE WITH DIRECTIONS ABOVE



DIRECTIONS TO YMCA RAINTREE RANCH

2315 Frisius Road. Julian, CA 92036

These Directions are the simplest way to reach YMCA Raintree Ranch. Internet map-programs or GPS devices often send you on longer, less-desirable routes. These are the tried and true methods from those of us who drive them often.

Camp Phone: **760-765-0642** if you need help while driving.

From East County

- Take **I-8 East** until you reach **CA-67** to Lakeside and Ramona.
- Continue North on CA-67 to Ramona. CA-67 will turn into **CA-78**
- Go straight through Ramona, no need to turn.
- Follow **CA-78 East** through the small towns of Santa Ysabel and Wynola.
- Approximately one mile BEFORE you reach Julian, turn **Right** onto **Pine Hills Road**. You will see a sign for YMCA Camps on your right and a large billboard for Pine Hills Lodge on the left side of the road.
- Stay on Pine Hills Road 2.7 miles. Pine Hills Road ends at Camp Marston. The road "Y's" a few times, but there are signs directing you at each intersection.
- At the corner Turn **left on Frisius road**.
- **Turn right** at the Raintree Ranch sign into the Raintree Ranch entrance. It is a somewhat long driveway.
- You will end up on a circle drive around the Raintree Ranch house.
- Park your car and enjoy your stay.

From South Bay

- From **I-15 North-bound**, exit and turn **Right** on to **Scripps Poway Parkway**.
- Follow Scripps Poway Parkway until it ends at the Junction of **CA-67**. **Turn left** onto **CA-67** towards Ramona.
- When you reach Ramona the highway will turn into **CA-78** Go straight through Ramona, no need to turn.

CONTINUE WITH DIRECTIONS ABOVE

From North County

- From the **I-15 Freeway**, exit onto CA-78 East toward Escondido / Ramona.
- When you reach Ramona (AM/PM Market), **CA-78** will turn **Left** and continue toward Julian.

CONTINUE WITH DIRECTIONS ABOVE



FREQUENTLY ASKED QUESTIONS

Will we have exclusive use?

Unless your group is large enough to take all of the lodges (240 beds), then there will most likely be another group on site. Each group will have their own set of sleeping lodges but should expect to share the Dining Hall and activity areas. If your group is reserving Raintree Ranch then your group will have exclusive use of the Raintree facilities since this is a much smaller camp; Raintree guests coming to Marston for free time activities should expect to participate alongside Marston guests.

What is the weather like?

Generally we have very warm weather during the months of June through September. From October to May we have cooler weather during the night time, or if a storm passes through. From October through May you will need long pants, sweatshirt, and warm hat for evening night hikes or campfires, but day times can still be warm so short sleeves and shorts are also great to have. (See packing list on page 17)

Generally we get snow storms a few times a year between December and March. And rain storms happen occasionally between October and April.

What happens if it rains?

Many of the activities can still continue in the rain. Archery and Marksmanship have covered shooting areas, and Climbing can still happen in the rain as long as it's not down-pouring. We also have a large indoor recreation room in Lower Holmes with ping pong, board games and couches.

What happens if it snows?

Most guests absolutely love the snow, and bring sleds just in case. Most activities can continue in the snow, but we may plan some indoor activities to warm up.

Roads to camp are plowed by the county and we plow our internal camp roads. If heavy snow is happening during arrival or departure you'll want to contact the camp office to ask about road conditions. We also advise bringing emergency equipment and chains in your car just in case.

When is the Pool open?

The Camp Marston Swimming Pool is only open from Memorial Day to Labor Day under the direct supervision of Camp Marston Lifeguards. Groups that have reservations between those two holidays might have the ability to utilize the Swimming Pool, but only if prior arrangements have been made with the Camp Program Directors. Groups may NOT bring their own Lifeguards.

Do the Lodges have central heating?

The Camp Marston Lodges are equipped with a central furnace that can be adjusted via the electric thermostat (located in the Lodge hallway or Common Room). Raintree Ranch Lodges are equipped with wall-mounted and portable furnaces for heat.

WEEKEND SUGGESTED PACKING LIST

YMCA Camp Marston/Raintree Ranch

Necessary Items

- Pillow & Sleeping bag (or linens), twin size fitted sheet is nice for mattress cover
- Towel, Toiletries and Clothes for the weekend
- Water Bottle
- Flashlight and extra batteries
- Sunscreen, Lip balm, Sunglasses and Hat with a brim – sun can be intense up in the mountains
- Close toed shoes (i.e. sneakers); we do not recommend flip flops for walking around camp or hik-ing. Open toed shoes are NOT allowed for climbing the Climbing Tower.
- Oct-April: warm clothes for cooler temperatures. Warm hat for night hikes, jacket, long pants
- Poncho/Rain Jacket (just in case)
- Water proof boots/shoes. Or small plastic bags to go over your socks if you don't have waterproof gear

Optional items you might like to have with you

- Camera
- Flip flops for the shower
- Fishing poles and bait (catch and release fishing allowed at the lake)
- Board games, cards, books, things to do in your Lodge
- Sports/games equipment. Camp has a variety of sports equipment, but you might like to bring a few outdoor games of your own.
- Snacks/drinks to keep in your lodge. Please keep coolers on lodge porches. **(Alcohol is not allowed)**
- Extra plastic bags
- Laundry bag
- Money for the camp store

Camp Store: The Camp Store is open 9am-12pm on Saturdays only.

Note: All Lodges have electricity and outlets, indoor restrooms with showers. Please keep valuables locked in your car

ADULTS ONLY

- First aid kit
- Cell phone and charger
- Matches/lighter if planning on starting a fire in your fireplace
- Necessary medications for yourself or children

GROUP LEADERS

- Roster of attendees, and final count
- First Aid kit /medications for campers
- Emergency contact info for all group members
- Final payment
- Health forms (*for youth attending without their parent/guardian*) & Liability Waivers
- Lodging Assignments
- Supplies for any of your own activities

NOT PERMITTED

- Alcohol
- Illegal drugs
- Pets
- Gum
- Weapons
- Smoking is only permitted in specific locations for adults only



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CAMPER HEALTH HISTORY FORM

DO NOT MAIL
Please return form to camp
on the day of check-in

Camper Name: _____ Birth Date: ____/____/____ Age: _____ Sex: _____

Address: _____ City: _____ State: _____ Zip: _____ Home Phone: _____

Parent/Guardian 1 Name: _____ Work: _____ Cell: _____

Parent/Guardian 2 Name: _____ Work: _____ Cell: _____

Family Email Address: _____

Emergency Contact Name: _____ Phone: _____ Cell: _____

Immunization History Are all immunizations up to date? Yes No Date of last tetanus shot (if known): ____/____/____

Medical Information

Family Physician: _____ Phone: _____ Date of last physical exam: ____/____/____

Medical Insurance Carrier: _____ Policy and/or group #: _____

Past or Present (please check). If YES for asterisk * items, must have a Doctor's Authorization completed (reverse side)

Currently under Dr. care* <input type="checkbox"/> Yes <input type="checkbox"/> No	ADD/ADHD <input type="checkbox"/> Yes <input type="checkbox"/> No	Head Lice (recent) <input type="checkbox"/> Yes <input type="checkbox"/> No
Heart defect/disease* <input type="checkbox"/> Yes <input type="checkbox"/> No	Autism <input type="checkbox"/> Yes <input type="checkbox"/> No	Chicken Pox <input type="checkbox"/> Yes <input type="checkbox"/> No
Recent hospitalization* <input type="checkbox"/> Yes <input type="checkbox"/> No	Asperger's Syndrome <input type="checkbox"/> Yes <input type="checkbox"/> No	Measles <input type="checkbox"/> Yes <input type="checkbox"/> No
Asthma* <input type="checkbox"/> Yes <input type="checkbox"/> No	Bedwetting <input type="checkbox"/> Yes <input type="checkbox"/> No	German Measles <input type="checkbox"/> Yes <input type="checkbox"/> No
Seizures* <input type="checkbox"/> Yes <input type="checkbox"/> No	Sleepwalking <input type="checkbox"/> Yes <input type="checkbox"/> No	Other diseases/conditions <input type="checkbox"/> Yes <input type="checkbox"/> No
Diabetes* <input type="checkbox"/> Yes <input type="checkbox"/> No	Tuberculosis <input type="checkbox"/> Yes <input type="checkbox"/> No	

For each Yes, please explain: _____

Allergies: Bee Stings <input type="checkbox"/> Yes <input type="checkbox"/> No require Epipen? <input type="checkbox"/> Yes <input type="checkbox"/> No	Food Allergies <input type="checkbox"/> Yes <input type="checkbox"/> No List _____	Poison Oak/Ivy <input type="checkbox"/> Yes <input type="checkbox"/> No	Penicillin <input type="checkbox"/> Yes <input type="checkbox"/> No
Other insect/animals <input type="checkbox"/> Yes <input type="checkbox"/> No List _____	Any airborne allergies <input type="checkbox"/> Yes <input type="checkbox"/> No List _____	Hay Fever <input type="checkbox"/> Yes <input type="checkbox"/> No	Other Drugs <input type="checkbox"/> Yes <input type="checkbox"/> No List _____

Dietary Restrictions? Yes No

Any reason to restrict full activity including swimming, long hikes, strenuous physical games? Yes No

Any current mental, or psychological conditions requiring special consideration or restrictions? Yes No

For each Yes, please explain: _____

Current medications: to be continued at camp: *(use additional pages if necessary)*

Med Name, Dosage _____ (Circle frequency) Breakfast, Lunch, Dinner, Bedtime, As needed, Other time _____

Med Name, Dosage _____ (Circle frequency) Breakfast, Lunch, Dinner, Bedtime, As needed, Other time _____

Med Name, Dosage _____ (Circle frequency) Breakfast, Lunch, Dinner, Bedtime, As needed, Other time _____

Inhalers or Epipens brought to camp? List what for and instructions _____

Other Medication Instructions for Health Care Staff: _____

Non-Prescription Medications I authorize the following medications or generic equivalent to be administered as needed:

Cough/Sore Throat Drops Yes No | Metamucil Yes No | Pepto Bismol Yes No | Cough Syrup Yes No

Acetaminophen (Tylenol) Yes No | Benadryl Yes No | Ibuprofen (Advil) Yes No | Hydrocortisone Yes No

Waiver of Liability: 1. I acknowledge that (i) I have read this document, (ii) I have inspected the YMCA facilities and equipment, (iii) I accept them as being safe and reasonably suited for the purposes intended and (iv) I voluntarily sign this document. 2. Except for YMCA's gross negligence or willful misconduct I release the YMCA, its directors, officers, employees and volunteers (collectively "Releasees") from all liability to me or the above said minor, for any loss or damage to property or injury or death to person, whether said damage or injury results from conditions arising upon the YMCA facilities or arising out of or in connection with YMCA programs or activities. YMCA shall not be liable for any damages arising from any act or neglect of any other member, occupant or user of the YMCA premises or participant in YMCA programs or activities. I agree that the above said minor assumes full responsibility for, and risk of, bodily injury, death or property damage except caused or due to the gross negligence or willful misconduct of the YMCA. 3. I agree not to sue Releasees for any loss, damage, injury or death described above and except for YMCA's gross negligence or willful misconduct, I will indemnify, protect, defend and hold harmless the YMCA and its Releasees from and against any and all claims and/or damages, liens, judgments, penalties, attorneys' and consultants' fees, expenses and/or liabilities arising out of, involving, or in connection with, the YMCA membership, use of YMCA facilities and/or participation in YMCA programs by me, the above said minor or any other person. If any action or proceeding is brought against YMCA by reason of any of the foregoing matters, I shall upon notice defend the same at my expense by counsel reasonably satisfactory to YMCA and YMCA shall cooperate with me in such defense. YMCA need not have first paid any such claim in order to be defended or indemnified. 4. I do hereby authorize the YMCA as agent for the undersigned, to consent with respect to said minor, to any x-ray examination, anesthetic, medical, dental, or surgical diagnosis or treatment, and hospital care which is deemed advisable by, and is to be rendered under general or special supervision of, any physician and surgeon licensed under the provisions of the California Medical Practice Act on the medical staff of any hospital, whether such diagnosis or treatment is rendered at the office of the physician or at the hospital. I understand that the YMCA is not responsible for costs incurred for medical care. 5. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of any groups of people other than in your own household. YMCA of San Diego County ("YMCA") has put in place preventative measures suggested by the Centers for Disease Control and Federal, State, and Local Government to reduce the spread of COVID-19; however, YMCA cannot guarantee that you or your child will not become infected with COVID-19. Further, attending YMCA facilities, programs or childcare could increase your family's risk, your risk, and your child's risk of contracting COVID-19. By signing this agreement, I acknowledge the highly contagious nature of COVID-19 and voluntarily assume the risk that my child and I along with my family may be exposed to or infected by COVID-19 by attending YMCA facilities, programs or childcare and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at YMCA facilities, programs or childcare may result from the actions, omissions, or negligence of myself and others, including, but not limited to, YMCA employees, volunteers, and program participants and their families I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child or my family may experience or incur in connection with my child's attendance at YMCA or participation in YMCA programming ("Claims"). On my behalf, and on behalf of my family and children, I hereby release, covenant not to sue, discharge, and hold harmless YMCA, its employees, agents, and representatives, of and from any and all Claims, including all liabilities, claims, actions, suits, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of YMCA, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any YMCA program.

Signature of Parent/Guardian: _____ **Date:** ____/____/____

Photographic Waiver/consent: I give my permission to the YMCA of San Diego County to use my picture or other likeness, or a picture or other likeness of any of my children in the YMCA's general publicity and campaign materials.

Signature of Parent/Guardian: _____ **Date:** ____/____/____

YMCA RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT FOR MINORS

Name of Minor(s) _____

I, the undersigned parent/person having legal custody/guardianship of the above said minor, give permission for the minor to participate in all YMCA programs whether at a YMCA location or virtually from wherever the minor may be. The minor is physically able and mentally prepared to participate in all activities as described in the announcement for the program.

In consideration of said minor being permitted to enter any branch of the YMCA of San Diego County ("YMCA") for observation, use of facilities and/or equipment, or participation of the above in any program either in person or virtually, I, on behalf of myself (as parent, guardian, coach, aide, spectator or participant) hereby:

1. Acknowledge that (i) I have read this document, (ii) I have inspected the YMCA facilities and equipment, (iii) I accept them as being safe and reasonably suited for the purposes intended and (iv) I voluntarily sign this document.
2. Except for YMCA's gross negligence or willful misconduct I release the YMCA, its directors, officers, employees and volunteers (collectively "Releasees") from all liability to me or the above said minor, for any loss or damage to property or injury or death to person, whether said damage or injury results from conditions arising upon the YMCA facilities or arising out of or in connection with YMCA programs or activities. YMCA shall not be liable for any damages arising from any act or neglect of any other member, occupant or user of the YMCA premises or participant in YMCA programs or activities. I agree that the above said minor assumes full responsibility for, and risk of, bodily injury, death or property damage except caused or due to the gross negligence or willful misconduct of the YMCA.
3. I agree not to sue Releasees for any loss, damage, injury or death described above and except for YMCA's gross negligence or willful misconduct, I will indemnify, protect, defend and hold harmless the YMCA and its Releasees from and against any and all claims and/or damages, liens, judgments, penalties, attorneys' and consultants' fees, expenses and/or liabilities arising out of, involving, or in connection with, the YMCA membership, use of YMCA facilities and/or participation in YMCA programs by me, the above said minor or any other person. If any action or proceeding is brought against YMCA by reason of any of the foregoing matters, I shall upon notice defend the same at my expense by counsel reasonably satisfactory to YMCA and YMCA shall cooperate with me in such defense. YMCA need not have first paid any such claim in order to be defended or indemnified.
4. I do hereby authorize the YMCA as agent for the undersigned, to consent with respect to said minor, to any x-ray examination, anesthetic, medical, dental, or surgical diagnosis or treatment, and hospital care which is deemed advisable by, and is to be rendered under general or special supervision of, any physician and surgeon licensed under the provisions of the California Medical Practice Act on the medical staff of any hospital, whether such diagnosis or treatment is rendered at the office of the physician or at the hospital. I understand that the YMCA is not responsible for costs incurred for medical care.

5. COVID-19 ASSUMPTION OF RISK AND RELEASE AND WAIVER

6. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of any groups of people other than in your own household. YMCA of San Diego County ("YMCA") has put in place preventative measures suggested by the Centers for Disease Control and Federal, State, and Local Government to reduce the spread of COVID-19; however, YMCA cannot guarantee that you or your child will not become infected with COVID-19. Further, attending YMCA facilities, programs or childcare could increase your family's risk, your risk, and your child's risk of contracting COVID-19. By signing this agreement, I acknowledge the highly contagious nature of COVID-19 and voluntarily assume the risk that my child and I along with my family may be exposed to or infected by COVID-19 by attending YMCA facilities, programs or childcare and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at YMCA facilities, programs or childcare may result from the actions, omissions, or negligence of myself and others, including, but not limited to, YMCA employees, volunteers, and program participants and their families I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child or my family may experience or incur in connection with my child's attendance at YMCA or participation in YMCA programming ("Claims"). On my behalf, and on behalf of my family and children, I hereby release, covenant not to sue, discharge, and hold harmless YMCA, its employees, agents, and representatives, of and from any and all Claims, including all liabilities, claims, actions, suits, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of YMCA, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any YMCA program.

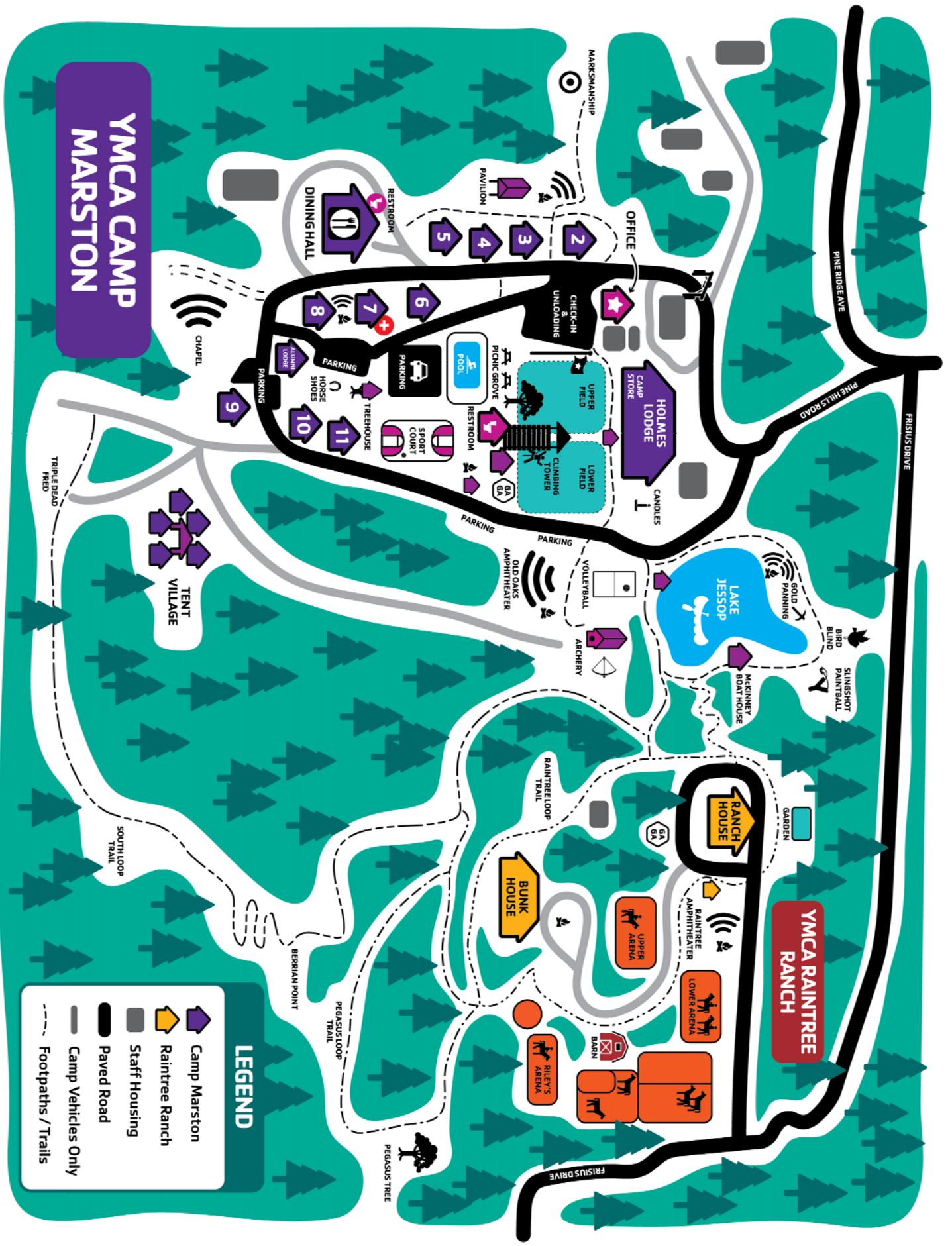
I intend this document to be as broad and inclusive as is permitted by the laws of the State of California; if any portion hereof is held invalid, I agree the balance shall continue in full force and effect.

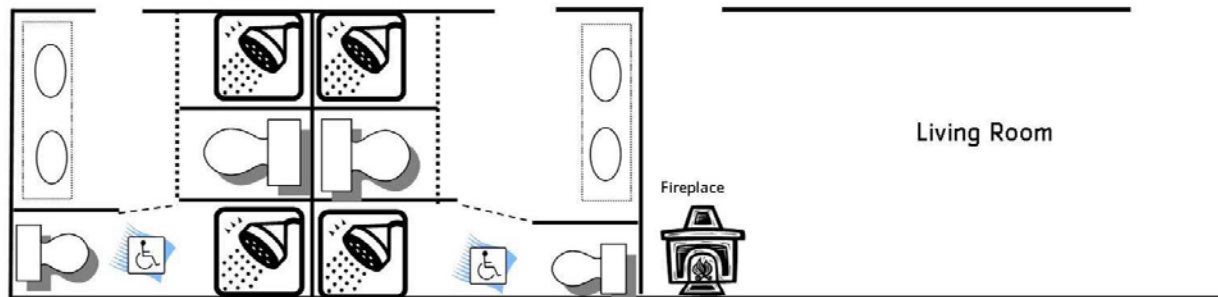
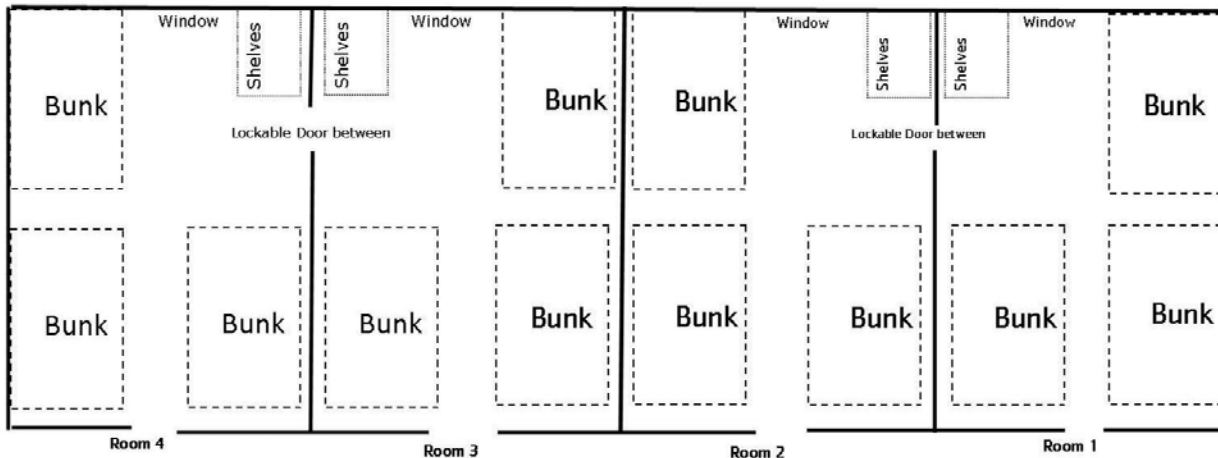
Parent/Legal Guardian Signature _____ Date _____

PHOTOGRAPHIC WAIVER/CONSENT

I, _____ give my permission to the YMCA of San Diego County (YMCA) to use my picture or other likeness, or a picture or other likeness of any of my children, specifically, _____, in the YMCA's general publicity and campaign materials.

Parent/Legal Guardian Signature _____ Date _____

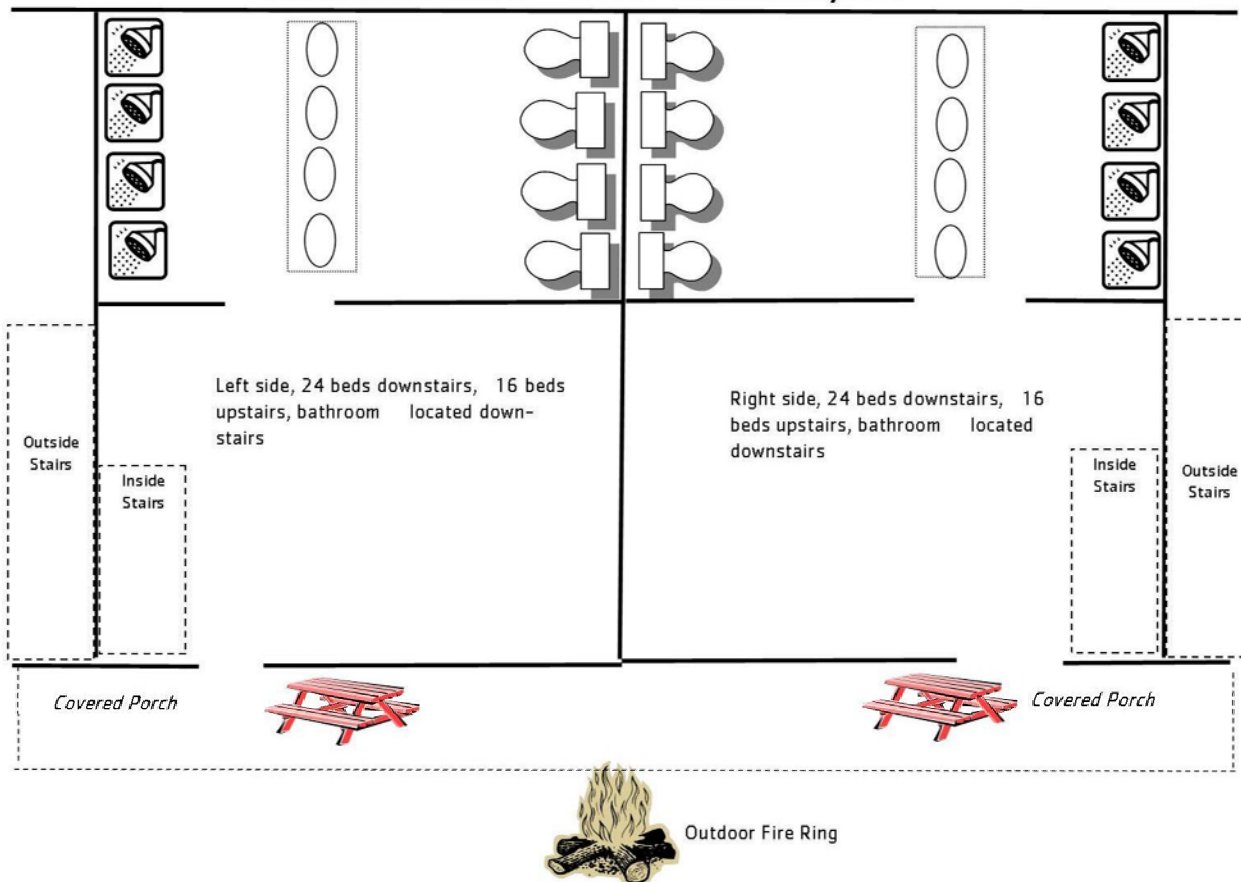




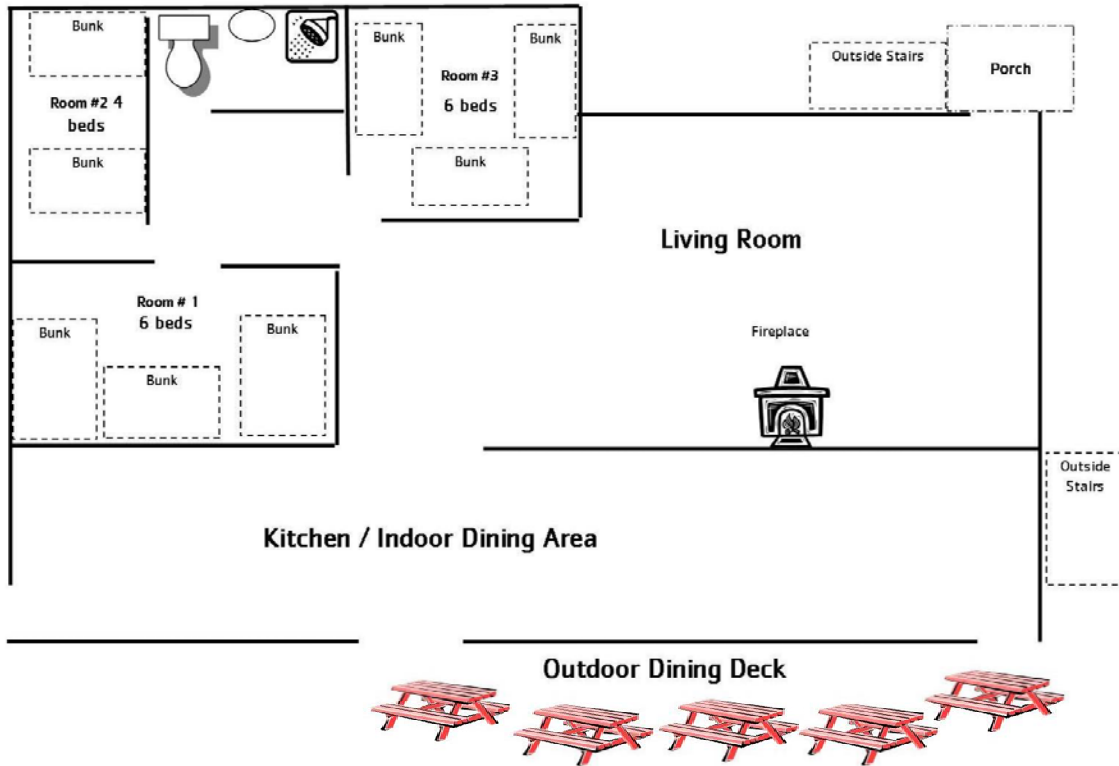
YMCA Camp Marston Lodges

- * Each lodge has 24 beds, each room has 6 beds—3 bunks
- * Bathrooms can be either Male or Female
- * Rooms are numbered 21, 22, 23, 24 in each lodge respectively
- * Lodge numbers are: 2, 3, 4, 5, 6, 7, 8, 9, 10, 11.

Raintree Ranch - Bunk House Layout



Raintree Ranch : Ranch House Downstairs Layout—16 beds



Raintree Ranch: Ranch House Upstairs Layout - 28 beds

